

TEAM MANUAL

GLASGOW2019ATHLETICS.COM



 EUROPEAN ATHLETICS

INDOOR

**CHAMPIONSHIPS
GLASGOW 2019**

**1 – 3 March 2019
Emirates Arena
Glasgow, GBR**

CONTENTS

1. GENERAL INFORMATION

1.1 Host Country United Kingdom	4
1.2 Host city Glasgow	6

2. ORGANISATIONAL STRUCTURE

3. TRAVEL TO GLASGOW

3.1 Official Airport and Arrival Information	9
3.1.1 Welcome Service	9
3.2 Arrival by Train	10
3.3 Arrival By Road	10
3.4 Entry visas	10

4. ACCREDITATION

4.1 General	12
4.2 Accreditation Centre	12
4.3 Accreditation Procedure	13
4.4 Access Areas for Teams and Special Passes	13
4.5 Loss of an Accreditation Card	13
4.6 Personal Coach Accreditation	14

5. ACCOMMODATION

5.1 General Information	15
5.2 Help Desk	15
5.3 Official Hotels	15
5.4 Accommodation Costs and European Athletics Quota	16
5.4.1. European Athletics Quota	16
5.4.2. Ratio of Athletes & Officials	17
5.4.3. Accommodation Costs	17
5.4.4 Payment Procedures	18
5.4.5 Extra Charges	19
5.5 Rooming list	19
5.6 Meals	19
5.7 Services in the Team Hotels	20
5.7.1 Meeting Rooms	20
5.7.2 Rooms for physiotherapy	20
5.7.3 Internet access	20
5.7.4 Help Desks	20

6. TRANSPORTATION

6.1 Transport Desk	21
6.2 Bus Shuttle Service	21
6.3 Transportation of Equipment	21

7. TECHNICAL INFORMATION

7.1 Technical Information Centre (TIC)	23
7.2 Technical Briefing	23
7.3 Daily Meetings with the Team Leaders	24
7.4 Documents Distribution	24

8. COMPETITION & TRAINING VENUES, EQUIPMENT & IMPLEMENTS

8.1 Competition Venue	25
8.2 Training Venue(s)	25
8.3 Orientation visit to the Competition Venue	26
8.4. Official training at the competition venue	26
8.5 Sports Equipment	26
8.6 Implements	27
8.6.1 Official Implements	27
8.6.2 Personal Implements	27

9. ENTRY, QUALIFICATION SYSTEM & FINAL CONFIRMATIONS

9.1 Entry Rules	28
9.2 Entry Standards and Qualification Procedure	28
9.2.1 Individual events	28
9.2.2 Relays	28
9.2.3 Combined Events	29
9.3 Entry Procedures	29
9.3.1 Final Entries	29
9.3.2 Final Confirmations	30
9.3.3 Relays Declaration Forms	30
9.3.4 Failure to participate	31
9.3.5 Withdrawals	31

10. COMPETITION PROCEDURE

10.1 Timetable	32
10.2 Competition Bibs	32
10.2.1 General	32
10.2.2 Special Bibs	32
10.2.3 Relays	32
10.2.4 Hip Numbers	32
10.3 Competition Clothing	32
10.4 Call Room	33
10.4.1 Call Room Procedures	34
10.5 Combined events	34
10.6 Specific Event Procedures	35
10.6.1 Track Events	35
10.6.2 Field Events	35
10.6.3 Coaching Zones	35
10.7 Timing & Measurement	35
10.8 Post Competition Procedures	36
10.9 Protests and Appeals	36

11. MEDICAL SERVICES & DOPING CONTROL

11.1 Medical Services	37
11.1.1 Medical Meeting	37
11.1.2 Medical Services in the Team Hotels	37
11.1.3 Medical Care at the Stadium, Warm-up, and Training Areas	37
11.2 Physiotherapy Services	39
11.2.1 Physiotherapy Services in Team Hotels	39
11.2.2 Physiotherapy Services at warm-up and training venues	39
11.3 Injuries Surveillance	40
11.4 Import of Medication and Medical Equipment	40
11.5 Doping Control	41
11.5.1 General Information	41
11.5.2 Selection of Athletes	42
11.5.3 Additional Controls	42

12. CEREMONIES & SOCIAL FUNCTIONS

12.1 European Athletics - LOC Dinner	43
12.2 Opening Ceremony	43
12.3 Victory Ceremonies	43
12.4 Closing Party	43

13. DEPARTURE

14. CONTACT DETAILS

14.1 European Athletics Office (on site)	45
14.2 Local Organising Committee Office(s)	45

15. APPENDICES

Appendix 1 – Entry standards & Conditions	47
Appendix 2 – Implements list	49
Appendix 3 – Timetable	50
Appendix 4 – Victory Ceremony Timetable	51
Appendix 5 – Competition Site Session maps	52
Appendix 6 – City Map with Team hotels & Championships sites	53
Appendix 7 - Map of Competition and Warm-up venue	54
Appendix 8 – Map of Training Areas	58
Appendix 9 – Key dates and General Programme	60

1. GENERAL INFORMATION

1.1 Host Country United Kingdom

Information from Scotland

Information from Scotland

Form of Government	Devolved parliamentary legislature within a constitutional monarch
Location	Western Europe
Area	Europe
Population	598,800
Coastline	9,910 km
Climate	Oceanic (aka Marine or Maritime)
Language	English
Religion	Christian 53.8%, no religion 36.7%, other 2.6%, unknown 7.0%
Capital	Edinburgh
Local Time	Greenwich Mean Time (UTC)
Electricity	230v AC
Driving	On the left
International Calls:	To dial either a landline or a mobile number from an international phone, the initial 0 needs to be omitted and the UK country code used in its place. For example: 020 8765 4321 becomes +44 20 8765 4321 if landline and 07987 654 321 becomes +44 7987 654 321 for a mobile.
Telephone Country Code	+44
Mobile Phone Networks:	The UK uses the GSM 900 network, which covers Europe. If you have a GSM phone, check with your service provider about using it in the UK, and beware of calls being routed internationally. It's usually most convenient to buy a local SIM card, which can be purchased for free and topped up with preferred value (normally a minimum of £5).



Currency GBP (£) - British Pound Sterling

Approximate exchange rate: 0.89 GBP to 1 EUR

Coins: 0.01; 0.02; 0.05; 0.10; 0.20; 0.50; 1; 2

Notes: 5; 10; 20; 50; 100

Credit Cards: Master Card, Maestro, VISA, American Express, Diners Club are all accepted in the UK.

NB: American Express and Diners Club may not be accepted in some establishments.

Currency Exchange is performed by:

- Banks
- Post Offices
- Bureau de change

1.2 Host city Glasgow

Glasgow is the most populous city in Scotland, and the fourth most populous city in the United Kingdom, as of the 2017 estimated city population of 621,020. Historically part of Lanarkshire, the city now forms the Glasgow City council area, one of the 32 council areas of Scotland; the local authority is Glasgow City Council. Glasgow is situated on the River Clyde in the country's West Central Lowlands. Inhabitants of the city are referred to as "Glaswegians" or "Weegies". It is the fifth most visited city in the UK

Business Hours Shops, Government Offices, Banks

Shop Openings

Working days 09:00-17:00
Saturdays 09:00-17:00
Sundays 10:00-18:00

Government Offices

Working days 09:00-17:00
Saturdays 09:00-17:00
Sundays closed

Banks

Working days 09:00-17:00
Saturdays 09:00-17:00
Sundays closed

Useful expressions

Hello
Good bye
How are you
Yes
No
Please
Thank You
Good morning
Good evening
Good night

2. ORGANISATIONAL STRUCTURE

1. European Athletics Council

President	Svein Arne Hansen (NOR)
First Vice President	Dobromir Karamarinov (BUL)
Vice Presidents	Jean Gracia (FRA) Frank Hensel (GER)
CEO	Christian Milz (SUI)
Council Members	Sylvia Barlag (NED) Gregor Bencina (SLO) José Luis de Carlos (ESP) Alfio Giomi (ITA) Marton Gyulai (HUN) Toralf Nilsson (SWE) Dimakos Panagiotis (GRE) Antti Pihlakoski (FIN) Jorge Salcedo (POR) Gabriela Szabo (ROU) Erich Teigamägi (EST) Libor Varhanik (CZE) Salih Munir Yaras (TUR)

IAAF President (ex officio member)	Sebastian Coe (GBR)
Athletes' Committee Chair (ex officio member)	Periklis Iakovakis (GRE)
European Athletics Honorary Life Presidents	Carl-Olaf Homén (FIN) Hansjörg Wirz (SUI)

2. European Athletics Officiating Persons

European Athletics Delegate	Frank Hensel (GER)
Technical Delegates	Antonio Perez (ESP) Can Korkmazoglu (TUR)
Media Delegate	James Mulligan (GBR)
Television Delegate	Marco Pellegrini (SUI)
Medical Delegate	Frederic Depiesse (FRA)
Doping Control Delegate	Jan Engström (SWE)
Jury of Appeal	Jorge Salcedo (POR) - Chair Didier Foulon (BEL) Eric Jaffrelot (FRA)
ITOs	Imre Matrahazi (HUN) - (Chief) Antonio Costa (POR) John Cronin (IRL) Pär Holm (SWE) Niels van der Aar (NED) Luca Verrascina (ITA)
International Starter	Luis Figueiredo (POR)
International Photo-finish Judge	Iker Martinez (ESP)
International VDM Judge	Tobias Koch (GER)

3. European Athletics Office

European Athletics
 Avenue Louis-Ruchonnet 18
 1003 Lausanne, Switzerland
 Tel: +41 21 313 43 50
 Fax: +41 21 313 43 51
 E-mail: office@european-athletics.org (general issues)
 competition@european-athletics.org (competition related matters)
 Web: www.european-athletics.org

4. Executive Board of United Kingdom Athletic Federation

President	Jason Gardner
Vice President	Donna Fraser
Chief Executive (Interim)	Nigel Holl
Chairman (Interim)	Sarah Rowell
General Secretary	Cherry Alexander

5. Local Organising Committee

Chairperson	Bill Garret
Championship Manager	Joanna Sutherland
Protocol / Hospitality	Jill O'Neil/Sarah Coffey
Press / Media	Jayne Pearce
Accreditation	Robyn McDowell
Travel / Accommodation	Simon Hainsworth
Marketing & Ticketing	Charlene Jack
Medical	Dr Andrew Murray
Anti-Doping	David Herbert
Competition	Malcolm Rogers
Ceremonies	Kate Channon
Team Services	Robert Logan

6. Competition Organisation

Competition Director	Chris Cohen
Meeting Manager	Alan Vincent
Technical Director	Angus McKenzie
Event Presentation Manager	Andy Kay
Call Room Referee	Margaret Werrett
Assistant Track Referee	Alison Jordan
Starter(s)	David Brown, Mark Purser
Start Coordinator	Alan Bell
Photo-finish Chief Judge	David Finlayson
Combined Events Referees	Heather Nelson, Sue Maughan
Technical Information Centre Manager	Alison Friend
Jury of Appeal Secretary	Moria Gallagher

3. TRAVEL TO GLASGOW

3.1 Official Airport and Arrival Information

The official airport, located at 20 km from the Emirates Arena, is Glasgow International Airport, where the LOC will provide adequate welcome services.

3.1.1 Welcome Service

Upon arrival at Glasgow International Airport, the teams will be met by their welcome desk team and volunteers.

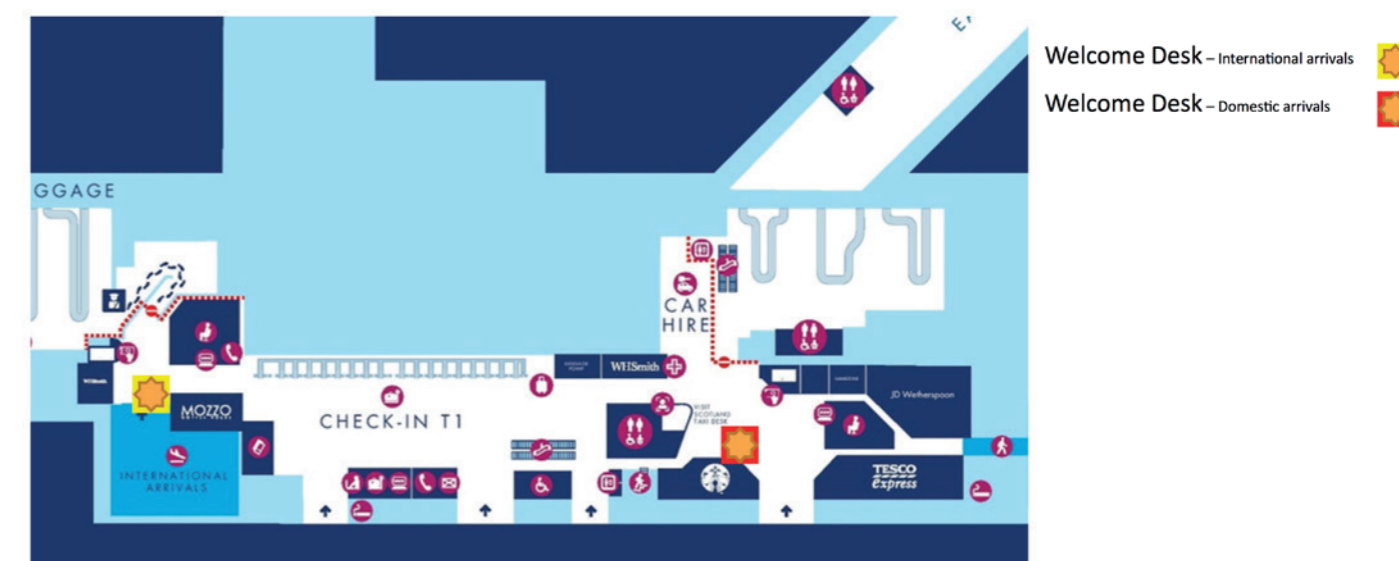
The opening dates and times of the Welcome Desk, situated in arrivals at the airport will be the following:

Sunday 24 February	from	07:00-23:00
Monday 25 February	from	07:00-23:00
Tuesday 26 February	from	07:00-23:00
Wednesday 27 February	from	07:00-23:00
Thursday 28 February	from	07:00-23:00
Friday 1 March	from	07:00-23:00

After collecting luggage, team members will be escorted to the official buses by the welcome desk staff and taken to the team hotel.

The transfer time from the airport to the official hotels is 30 minutes approximately.

Arrangements for vaulting poles are shown below, under 6.3 Transportation of Equipment.



3.2 Arrival by Train

Teams or Individuals arriving by train are kindly asked to go directly to their hotel, where representatives from the LOC will welcome them.

3.3 Arrival By Road

Teams arriving by road are kindly asked to go directly to their hotel, where representatives from the LOC will welcome them.

3.4 Entry visas

The following countries require visas to enter United Kingdom

ALB	Albania
ARM	Armenia
AZE	Azerbaijan
BLR	Belarus
BIH	Bosnia - Herzegovina
GEO	Georgia
KOS	Kosovo
MKD	FYR of Macedonia
MDA	Moldova
MNE	Montenegro
RUS	Russia
SRB	Serbia
TUR	Turkey
UKR	Ukraine

Visas should be obtained before leaving your country, from British Embassy or Consulate well in advance to ensure all the procedures in due time.

Participants who require a visa should contact the LOC as soon as possible to obtain a special invitation letter and visa application information. Please contact:

Karen Forbes
kforbes@britishathletics.org.uk
 T: + 44 (0) 121 713 8414

The following information shall be included in the request:

- Full name (First name and family name as shown in passport)
- Role at the Championships (e.g. Athlete, Team Member, Media)
- Gender
- Date of Birth
- Passport Number and Passport expiry date (passports should be valid at least 6 months after the end of the competition)
- Function in the team (Athlete or Officials)

The invitation will be sent to you as soon as possible.

Do you require a visa?

Please refer to the table at the end of the document for a list of countries whose citizens are visa nationals and require visas to enter the UK. You can also check if you require a visa www.gov.uk/check-uk-visa

All applications will be subject to the UK's Immigration Rules, which are available <https://www.gov.uk/guidance/immigration-rules/immigration-rules-index>.

Visa nationals and non-visa nationals can enter the UK as visitors for the purpose of taking part in sporting events, including as participants, officials, team support staff, accredited media and VIPs, as permitted by the visitor rules. You can find UK Immigration visitor rules <https://www.gov.uk/guidance/immigration-rules/immigration-rules-appendix-v-visitor-rules>

Types of visa

Standard Visitor visa

This visa is suitable for applicants who will be attending the Championships and will NOT be receiving payment from a UK source for any activities undertaken in the UK. A Standard Visitor visa is valid for six months from date of issue. You can find out more about the Standard Visitor visa <https://www.gov.uk/standard-visitor-visa>

How do I apply for a visa?

You need to apply online for a UK visa at www.gov.uk/apply-uk-visa and attend an appointment at a Visa Application Centre (VAC) in person to have biometric information (fingerprints and photograph) taken and to provide supporting documents in hard copy.

When should I apply for a visa?

You can apply for a UK visa a maximum of three months prior to your date of travel. We encourage you to apply as early as possible.

UKVI's standard service for visit visas is 15 working days to decision from providing biometrics at the VAC. Note that your passport is retained during this time. In some countries you may be able to get your visa processed more quickly for a higher fee under UKVI's priority visa scheme.

This 15 working day turnaround time cannot be guaranteed and is dependent on meeting the requirements of the UK's Immigration Rules. Failure to complete the application form correctly or to provide all the required supporting documents may result in your application being delayed or refused. Please be aware that your nearest VAC may be busy, and you may not be able to make an appointment straightaway. We therefore **recommend** that you submit your online application by **4 February 2019**. You can cancel a VAC appointment prior to attending it and the visa fee will be refunded to you.

How much does the visa cost?

The current standard fees for UK Standard Visitor visa is

Standard Visitor	£89
------------------	-----

Some VACs offer a priority service to enable you to get your visa processed more quickly. Note that the costs below are in addition to the standard fee.

Priority (3-5 working days)	£184
Super Priority (24 hours)	£919

Some VACs are User Pay and you will need to pay an additional fee of £55 to attend an appointment at these VACs.

Which documents do I need to support my application?

Passport - You need to provide your passport details in the online application and take it with you to your appointment at the VAC. We recommend that your passport is valid for six months beyond your stay in the UK. You will need a page in your passport that is blank on both sides for your visa.

Visa support letter - Proof of participation in the Glasgow 2019 European Athletics Indoor Championships will be supplied to you in the form of an official invitation letter from the LOC. You should take a copy of this letter with you when you attend your appointment at the VAC and have it with you to show at the UK Border on arrival in the UK.

3.5 Insurance

According to the Regulation 110.9 the participating Member Federations are responsible for taking out their own insurance to cover the risk of illness or injury of any member of their team when travelling to and from the European Athletics event and during the event itself. Please take the necessary steps to fulfil these requirements well in advance.

4. ACCREDITATION

4.1 General

Each team member will receive an accreditation card, which must be worn at all times and should be clearly visible. Security personnel will control all areas. The accreditation is not transferable and does not allow the holder to take another person beyond checkpoints.

Photo (passport type) are required for the accreditation. Photos shall be uploaded online through the European Athletics event management system Arena which will be accessible at the following link: <https://arena.european-athletics.org/>, otherwise a picture will have to be taken on the day of card collection at the team accreditation centre.

An upload function will be available in the final entries module during final entries from 5 February 2019 to 21 February 2019 as well as in the accreditation module after the closing of the final entries. Please upload your digital photos as a jpeg file. Each photo must not exceed 500kb in size.

4.2 Accreditation Centre

The Teams' Accreditation Centre will be located at Glasgow Marriott, in the Ewing Suite. This is where the Team Leader shall report as soon as possible after his/her arrival, in order to carry out the administrative procedures.

The opening dates and times of the Teams' Accreditation Centre will be as follows:

Day	Open	Close
Wednesday 27th February – Saturday 2nd March	08:00	22:00
Sunday 3rd March	08:00	18:00

4.3 Accreditation Procedure

Accreditation cards will be prepared in advance, based on the information provided by the Member Federation through the European Athletics event management system. No changes will be accepted after the final entries deadline.

The Team Leader will be asked to complete the following formalities before he can collect the accreditation cards for the whole team:

- LOC accommodation invoice
- Uniform check
- Collection of competition related forms and information
- Confirmation of departure details

4.4 Access Areas for Teams and Special Passes

All team accreditation cards will allow access to the team seating area, warm-up area and training areas, changing facilities and physiotherapy rooms. Only athletes who are about to compete will have access to the call room and to the infield. Furthermore, the accreditation can be used to access the Team Shuttle Buses.

Due to the limited number of seats available in the arena, please note that the Head of Delegation will neither be granted access to the European Athletics Club nor to the VIP Tribune.

European Athletics shall provide special passes as required for the following categories:

- TIC (only for collecting items from the pigeon hole) – up to 4 per team depending on the size of the team.
- Mixed zone (for access to athletes at the end of the mixed zone) – one per team.
- Combined events resting room (1 per athlete + 1 per team)
- Field events coaching area (1 per athlete)
- Medical Pass

4.5 Loss of an Accreditation Card

Any lost or damaged accreditation cards should be reported to the main Accreditation Centre situated at the Emirates Arena or Team Accreditation Centre situated at the Glasgow Marriott.

Duplicate cards can be obtained where proof of identity can be established at a charge of €100.

Unauthorised use of an Accreditation card will result in the card being confiscated.

4.6 Personal Coach Accreditation

An accreditation package will be available for purchase for personal coach. The price is 200€ in-ratio, and 300€ out of ratio and will include:

- Access to the team tribune
- Access to warm-up and training areas
- Access to the Championships transportation system (however, please note that transfer from/to airport will be provided to the Team Accreditation Centre as long as transport data have been entered in the ARENA system)

Personal coaches must be entered by the Member Federations in the European Athletics event management system, during the final entries.

The cost of the accreditation package will be settled as part of the team accommodation invoice.

5. ACCOMMODATION

5.1 General Information

The LOC has made accommodation arrangements for teams members in 4 hotels of similar standards.

The hotels will officially open with full services on 26 February. If members of your federation are planning to arrive earlier, please contact the LOC nicola@cseplc.com well in advance to make sure specific arrangements are made.

5.2 Help Desk

A Help Desk will be located in the lobby of each team hotel with qualified personnel offering relevant information about all aspects of the European Athletics Indoor Championships Glasgow. The Help Desks' opening hours will be as follows:

Tuesday 26 February	08:00 – 22:00
Wednesday 27 February	08:00 – 22:00
Thursday 28 February	08:00 – 22:00
Friday 1 March	08:00 – 22:00
Saturday 2 March	08:00 – 22:00
Sunday 3 March	08:00 – 22:00
Monday 4 March	08:00 – 22:00

5.3 Official Hotels

The official hotels for the European athletics Indoor Championships Glasgow are indicated below with the internet address of their home page where further details can be found:

Teams Hotels

Marriott Glasgow

500 Argyle Street
Glasgow G3 8RR
<https://www.marriott.co.uk/hotels/travel/gladt-glasgow-marriott-hotel/>

Crowne Plaza

Congress Road
Glasgow G3 8QT
<https://www.ihg.com/crowneplaza/hotels/gb/en/glasgow/glwcr/hoteldetail/photos-tours>

Doubletree by Hilton

36 Cambridge Street
Glasgow G2 3HN
<https://doubletree3.hilton.com/en/hotels/united-kingdom/doubletree-by-hilton-hotel-glasgow-central>

Jurys Inn

80 Jamaica Street
Glasgow G1 4QG
https://www.jurysinns.com/hotels/glasgow/?utm_source=google&utm_medium=local

Reservations will be made by the LOC based on the accommodation requirements indicated in the Final Entries.

European Athletics Family and VIP Hotel

Hilton Glasgow

1 William Street
Glasgow G3 8HT
<https://www3.hilton.com/en/hotels/united-kingdom/hilton-glasgow-GLAHITW/index.html>

Media Hotel

Hilton Garden Inn
Finnieston Quay
Glasgow G3 8HN
<https://hiltongardeninn3.hilton.com/en/hotels/united-kingdom/hilton-garden-inn-glasgow-city-centre-GLACCGI/index.html>

Moxy Glasgow Merchant City

210 High Street
Glasgow
G4 0QW
<http://moxy-hotels.marriott.com/en/hotels/glasgow-merchant-city>

5.4 Accommodation Costs and European Athletics Quota

5.4.1. European Athletics Quota

European Athletics has previously informed all Member Federations about the allotted free places which were based on the results (places 1-8 achieved), the number of participants per country at the European Indoor Championships 2017 in Belgrade and the European Indoor season best-list 2018

ALB	4	ESP	15	ITA	10	POL	20
AND	2	EST	4	KOS	2	POR	7
ARM	3	FIN	5	LAT	4	ROU	5
AUT	5	FRA	17	LIE	2	RUS	5
AZE	3	GBR	Host	LTU	4	SLO	3
BEL	5	GEO	2	LUX	2	SMR	2
BIH	3	GER	25	MDA	2	SRB	5
BLR	9	GIB	2	MKD	2	SUI	7
BUL	5	GRE	8	MLT	2	SVK	6
CRO	5	HUN	7	MNE	3	SWE	14
CYP	3	IRL	5	MON	2	TUR	5
CZE	13	ISL	3	NED	9	UKR	13
DEN	4	ISR	2	NOR	5		

Those Member Federations with 1 free place will receive an additional free place under the condition that

they have at least one male and female athlete. GBR as host of the Championships has not been allotted any free place.

5.4.2. Ratio of Athletes & Officials

The number of team officials in the hereunder chart is also eligible for fixed price accommodation and other benefits. European Athletics will not cover these officials' accommodation costs.

Number of Athletes From - to	Number of Team Officials Up to (1):	Maximum number of additional officials (out-of-ratio) (2):	In-ratio Personal Coaches up to:
1 - 3	1	1	1
4 - 6	2	1	1
7 - 10	3	2	2
11 - 15	5	3	3
16 - 20	7	3	3
21 - 25	9	4	4
26 - 30	11	4	4
31 - 35	13	5	5
36 - 40	15	5	5
41 - 45	17	6	6
46 - 50	18	7	7
51 - 55	19	9	9
56 - 60	20	10	10
61 - 70	21	14	14
71 - 80	22	18	18
Plus 10	+ 1	+4	+4

- Team Officials include: Head of Delegation, Team Leaders(s), Coaches, Medical Staff (medical doctors and physiotherapists), Team Press Liaison, and other team officials;

(1) The number of above mentioned team officials is eligible for fixed price accommodation (same price as for all athletes in quota days) and other benefits. European Athletics will not cover these officials' accommodation costs;

(2) Out-of-ratio officials above the maximum quota will be considered as Personal Coaches and will have to purchase the Personal Coach accreditation package.

5.4.3. Accommodation Costs

For all athletes within the European Athletics Quota, European Athletics will pay for full board accommodation, as stipulated in the European Athletics Competition Regulations (108.1.4 and 110.4), for a period limited to the number of competition days plus two.

The official period is thus 5 nights: check-in on Wednesday 27 February and check-out on Monday 4 March.

The minimum stay for athletes has been fixed to four nights and no contribution shall be made in respect of athletes representing the host Member Federation.

The additional nights have been fixed to the following: Tuesday 26 February-Tuesday 5 March. This means that if your team is planning to stay in Glasgow outside the period Monday 25 February-Tuesday 5 March (8 nights), the below rates will not apply and a separate agreement will have to be made directly with the LOC/ respective hotels.

The following rates apply for team members. This includes full board accommodation.

Team Members	Single room	Twin (2) room
Athletes and Officials Official period	180 EUR per night (1)	220 EUR per night
Athletes and Officials Additional nights	200 EUR per night	260 EUR per night

All prices include meals and VAT

(1) For the official period each Team will be allocated a minimum number of single rooms equivalent to 10% of the total number of Athletes and officials in ratio registered in the Final Entries, at the price of a twin room in single occupancy. Any single rooms above the 10% threshold will be charged at the rate of 180 EUR during the official period (200 EUR outside the official period). Additional single rooms can be requested and will be given according to availability.

(2) In case of later arrival/early departure of the sharing person, the night the twin room is used as a single room will be charged at the rate of the twin room in single occupancy (110 EUR during the official period / 130 EUR for additional nights)

Please note: In addition to the accommodation costs, out-of-ratio officials will be charged a lodging fee of 100 EUR, for the whole duration of the event.

European Athletics Regulation 203.12 & 210.8

203.12 European Athletics may reduce financial support (for travel, board/accommodation grants, etc.) to any European Athletics Member Federation which, after having announced its participation, does not take part or attends the competition with a number of athletes and officials materially higher or lower than the number stated in the Preliminary Entry by 20%. The latter applies only if the Preliminary Entry is more than 4 (four).

210.8 The final account for accommodation attributable to each Member Federation shall be based on the numbers declared in the Final Entries and this shall be paid in full, no allowance being made for subsequent any reduction in the actual numbers of athletes and/or officials.

Note: The team Invoice will be based on the accommodation requests included in the final entries as well as any additional requirements indicated after the closing of the final entries.

5.4.4 Payment Procedures

A proforma invoice was sent to each Federation detailing the amount they owe based on their preliminary entries. Federations are kindly encouraged to make an advance payment of at least 25% by 1 February.

Advance Payments should be made in EUROS by bank transfer to the following account:

Bank account name: Corporate & Sporting Events Ltd
 Bank reference: Yorkshire Bank
 Bank account number: 10924775
 Sort code: 050303
 Bank address: 14 Broadway, Bradford, BD1 1EZ
 Swift No: YORKGB22
 IBAN: G B 1 3 Y O R K 0 5 9 8 0 2 3 9 5 2 5 0 0

The remaining sum (= final entry sum – pre-payment) will be invoiced after the final entry deadline. Should the remaining amount (after the final entries) be settled by bank transfer, the team leader is requested to provide the LOC with a proof of payment upon arrival at the Finances Office that will be located in the Main Accreditation Centre. Otherwise the balance of the payment must be paid on-site by the Team Leader on arrival at the Accreditation Centre.

Payment can be made by credit card or by cash in GBP or Euros.

The following credit card type will be accepted on site: Mastercard; Visa; AMEX

5.4.5 Extra Charges

The Team Leader must settle phone bills and all other extra services at the hotel reception, before departure. The Team Leader will be requested a credit card by the hotel reception desk for extras.

On site all payments must be made in GBP

5.5 Rooming list

Detailed information about athletes and officials' rooming list will have to be entered by the Member Federations during the Final Entries process.

Further amendments will have to be made through the accommodation module of European Athletics event management system after the closing of the Final entries.

While registering their final entries in ARENA, Member Federations will be requested to sign a consent form to allow the list of the room numbers for the members of the respective team to be provided to Sample Collection Officials.

Where this information is obtained, it will only be used for the purposes of the blood and urine testing, will be confidentially treated and destroyed once it is no longer required for these purposes.

5.6 Meals

Meals will all be served in buffet style and, to the extent possible, will be similar in all hotels. A large selection of suitable food will be available taking into consideration special diets, religion and culture of the participants.

Meals times shall be as follows:

- Breakfast 6:00 – 10:00
- Lunch 12:00 – 16:00
- Dinner 19:00 – 23:00*

*Note: on Friday 1 March (first day of competition), Dinner will be served until 23:30

A late serving provision will be made for those athletes retained at the stadium due to doping controls or protests.

For lunch and dinner water, Tea and Coffee will be available. All other drinks must be paid for.

Accreditation cards will allow access to meals. Furthermore, access to restaurants will only be possible at the hotel where they are staying.

5.7 Services in the Team Hotels

5.7.1 Meeting Rooms

Rooms for meeting opportunities are available at all team hotels. Reservation shall be required via the Help Desk at a reasonable time in advance.

To ensure that all teams have access to the meeting room, usage may be limited. Teams requiring any additional service may make separate arrangements through the Help desk. There is also the possibility to reserve office/meeting rooms for Teams, with exclusive right for the whole duration of the Championships. Please contact: Jodie Payton – Jodie.payton@cseplc.com

5.7.2 Rooms for physiotherapy

Dedicated rooms for physiotherapy will be provided for the teams with medical staff to set-up their own massage beds.

There will also be LOC physiotherapy services offered to those teams that do not have their own medical staff (see 10.1.4).

5.7.3 Internet access

Free internet access will be provided at team hotels. Details on connection will be posted in reception at the welcome desk.

5.7.4 Help Desks

There will be a Help Desk in each Team Hotel. Amongst other services, it will be possible to electronically transmit documents such as Questions to the Technical Briefing and TIC General Enquiries from these desks. In addition, there will be a notice board displaying other competition information.

6. TRANSPORTATION

Transportation between the team hotels and the various venues, including official and social functions, will be guaranteed by the LOC shuttle service.

6.1 Transport Desk

The main transport office will be located at Hilton Hotel and will be open from: Monday 25 February – Monday 4 March 08:00 – 22:00 daily

Hotels and venues will have a Help desk to process transport requests.

6.2 Bus Shuttle Service

A regular bus shuttle service will be provided between the team hotels, training venues, social functions, the technical briefing and the competition venue. Full details of the schedule will be displayed at the Help desk in each hotel.

Transfer times between the team hotels and the competition venue will be 20 minutes, depending on the hotel location and traffic conditions.

6.3 Transportation of Equipment

The LOC will provide transport for the delivery of vaulting poles. Upon arrival to the airport athletes are responsible for taking their vaulting poles to the welcome desk, where LOC team members will assist with the check in. Vaulting poles will then be transported to the Emirates Arena, the competition venue. The LOC will provide a transport for this service. Please contact Nicola Boyle (Nicola.Boyle@cseplc.com) to plan such service.

As well as Glasgow due to airlines restrictions on carrying Vaulting poles a collection and return service from Edinburgh and Manchester airports offered with up to two passengers accompanying each set of poles.

All pole bags must be clearly labelled with the athlete's name, country code, gender and event (i.e. Men, Women - Heptathlon).

Poles will be transported from the Emirates Stadium to Tollcross Leisure Centre, the training venue, on request. Request forms may be completed at the Help Desks in Team Hotels. Poles will be returned to the Emirates Stadium the evening before the relevant competition

Following the conclusion of the championships, all vaulting poles that are departing from Glasgow airport will be taken to this location for collection on your departure on Monday.

For those that are traveling from alternative airports or taking their own poles via road transportation, your poles will be returned to your hotel on Sunday evening. Appropriate transportation will then be arranged via the LOC logistics team to meet your requirements.



Glasgow Airport - Pick up/Drop Off Point for all transportation including Vaulting poles

7. TECHNICAL INFORMATION

7.1 Technical Information Centre (TIC)

The TIC is located in the Basketball Hall Warm-up Area at the competition venue (see appendix 6).

The main function of the centre is to ensure a smooth liaison between each Team Delegation, the Local Organising Committee, European Athletics Technical Delegates and the Competition Management of the Championships regarding technical matters.

The TIC will open on Wednesday 27 February from 12:00-18:00 and Thursday 28 from 08:00-18:00, on all competition days, from 2 hours before the start of the first event of the day until 60 minutes after the end of the last event of the day.

The TIC is responsible for, but not limited to, the following:

- Display on the relevant notice board of official communications to the teams, including start lists, results and Call Room reporting times
- Distribution of urgent notices to the delegations from the Technical Delegates and competition management via the pigeonholes. It is the Team Leader's duty to collect this kind of information in due time.
- Receipt of written questions to be answered during the Technical Briefing
- Settlement of technical enquiries from delegations
- Support in filling in the Final Confirmations via online tool, if required
- Support in filling in the Relay Order Confirmation forms, if required
- Distribution of special passes the day before the respective event, according to start lists
- Distribution of items confiscated at the Call Room
- Registration and collection of personal implements (shot puts)
- Managing national record doping control requests
- Receipt of withdrawal forms
- Written Protests and Appeals

7.2 Technical Briefing

The Technical Briefing will be held on Thursday 28 February at 10:00 at the Emirates Arena at the TIC.

Each team may be represented by a maximum of two people and, if necessary, an interpreter. It is very important that all teams are represented at the Technical Briefing. Representatives should meet outside the TIC, from where they will be escorted to the briefing.

The Technical Briefing will focus on updates and information which is not already mentioned in this team manual and will include:

- Timetable amendments (if any)
- Qualifying procedures for races
- Qualifying marks for field events
- Starting heights and raising of the bar for the vertical jumps
- Answers to written questions

Start lists for the first competition day will be ready for collection after the Technical Briefing.

Written Questions

Any enquiries concerning the technical conduct of the Championships must be made in writing (in English). These questions will be answered at the Technical Briefing.

The forms on which the questions must be written will be distributed upon your arrival at the Accreditation Centre.

These forms must be returned to the TIC no later than Wednesday 27 February at 18:00. No questions will be accepted during the Technical Briefing. It will also be possible to transmit these forms electronically from Team Hotels.

7.3 Daily Meetings with the Team Leaders

Meetings with the Team Leaders will be held daily and starting from Friday 1 March in order to provide further relevant information to the Teams and answer any questions related to the Team Services. The first meeting will be held on Friday 1 March at 18:00 in the TIC at the competition venue. The remaining meetings will be scheduled on site and according to the needs.

7.4 Documents Distribution

The distribution of competition related information at the TIC will NOT be systematically made through printouts in the Team pigeonholes but will be displayed on the notice boards. It will still be possible to request occasional copies of specific event start lists and / or results at the TIC.

All competition related information will be sent by emails to the team leaders to the email addresses communicated in the final entries. Any relevant additional email addresses can be communicated to the LOC [G2019CompManagement@Britishathletics.org.uk] prior to the start of the Championships. When the Team Leaders are collecting the team accreditation cards and bibs they will be asked to confirm the e-mail addresses.

The following information distribution system is to be used:

- Competition related information: via publication board at TIC, at the Hotel Help Desks and via the team e-mail addresses.
- Important notices of general interest (e.g. changes to the timetable): via publication board at TIC, at the Hotel Help Desks and via the team e-mail addresses.
- Individual communications to specific teams: print-out to the pigeon holes of the specific team and via the team's e-mail address.

8. COMPETITION & TRAINING VENUES, EQUIPMENT & IMPLEMENTS**8.1 Competition Venue**

The Emirates Arena Glasgow and its surroundings are shown in appendix 6 of this document.

There are 5,000 of seats in the arena.

The arena has a Mondo SX surface, with the following competition sites:

- 200m track with 6 lanes
- 60m straight with 8 lanes
- 1 High Jump site (2 for Combined Events)
- 1 Pole Vault site
- 1 site for Long/Triple Jump
- 1 Shot Put Circle

The Warm up area has the following sites:

- 110m straight with 6 lanes
- Horizontal Jumps pit

8.2 Training Venue(s)

Athletes will be able to train in the following venues and schedules:

Scotstoun Sports Campus

- 5 lane 110m straight
- 1 Long/Triple Jump pit
- 1 High Jump bed (restricted runway)
- 1 Shot Put circle

There is also an outdoor 8-lane, 400m synthetic track and a large playing field for distance runners.

Equipment and implements necessary for training will be available at the training venues. Officials will be present to help in the case of problems or special requirements. Accreditation must be handed in when borrowing equipment, and will be returned to the athlete when the equipment is handed back in.

The Weight training room in the Scotstoun Sports Campus is situated next to the indoor straight

Opening hours are:

Wednesday 27 February	12:00 – 19:00*
Thursday 28 Feb & Friday 1 March	10:00 – 19:00*
Saturday 2 March	10:00 – 18:00*
Sunday 3 March	10:00 – 14:00

*Shot Put training available from 16:00 to 17:30 on Wednesday, Thursday, Friday and Saturday. Hurdles and Long / Triple Jump not available at those times.

Tollcross International Swimming Centre

- 1 Pole Vault runway (40m maximum)
- 1 High Jump bed

Opening hours are:

Wednesday 27 February 12:00 – 19:00
Thursday 28 Feb & Friday 1 March 10:00 – 19:00

Additional Weight Training

There is additional provision for weight training at The Emirates Arena.

Details about transportation for training sessions are included in the transport section of this manual. The transport schedule will be displayed at the Help desks in team each hotel.

8.3 Orientation visit to the Competition Venue

Heads of Delegation may visit the Emirates Arena, inspecting access routes and other facilities which will be important to the teams on Thursday 28 February and will be split into 2 groups: with the first group (Crowne Plaza & Marriott Glasgow) at 09:30 and the second one (Jurys Inn & Hilton Doubletree) at 11:00. Please check the notice boards in the hotels for details.

Heads of Delegation are to meet LOC members at the TIC, from where they will be escorted on this visit.

8.4 Official training at the competition venue

Official training for all athletes at the Emirates Arena which will take place on Thursday 28 February will be split into 2 sessions (per hotel): Thursday 28 February – (Crowne Plaza & Marriott Glasgow) from 09:00 to 10:15 and 2 hotels (Jurys Inn & Hilton Doubletree) from 10:45 to 12:00. The competition Warm Up area will also be available during this time only. Please check the notice boards in the hotels for details.

Training with Official Starters will take place at The Emirates in two sessions. Thursday, 28 February – 2 hotels (Crown Plaza & Marriott Glasgow) from 09:15 – 10:00 and the two other hotels (Jurys Inn & Hilton Doubletree) from 11:00 to 11:45.

8.5 Sports Equipment

Poles

Each team is responsible for organising the transport of its poles until its arrival in Glasgow. Upon arrival, the pick-up of the poles will be arranged by the LOC and will transfer them directly to the Emirates Arena, the competition venue, where they will be at the athlete's disposal. All poles or bag of poles shall bear the identification of the athlete (tag of the name, country, gender and event).

Poles will be transported from the Emirates Stadium to Tollcross Leisure Centre, the training venue, on request. Request forms may be completed at the Help Desks in Team Hotels. Poles will be returned to the Emirates Stadium the evening before the relevant competition

Please see **Section 6.3 Transportation of Equipment** above for more information.

Markers

Athletes will not be permitted to use their own markers during the Championships. Those athletes wishing to use a marker will be required to use the markers provided by the LOC at the event site. Officials will also provide adhesive tape for the relay runners at the track.

8.6 Implements

8.6.1 Official Implements

The implements provided by the LOC (see Appendix 2) are selected from those appearing on the current IAAF approved implements list.

Additional implements may be added to the approved list, if requested by Member Federations or manufacturers to the European Athletics, by 31 January 2019, and if supplied to the LOC free of charge. All such implements must have IAAF certification and must be approved by the European Athletics Technical Delegates. Four samples of each implement must be supplied by the Member Federation or manufacturer concerned and sent to the LOC by 20 February 2019 at the latest.

8.6.2 Personal Implements

Personal Implements shall also be allowed, providing that:

- They are readily identifiable and are IAAF certified
- They are not already on the official list
- They have been checked for compliance with IAAF Rules
- They are made available to all the other competitors until the end of the Final

Personal implements will have to be submitted to the TIC, at The Emirates on the day before the event, no later than 18:00.

If a personal implement cannot be accepted into the pool due to it not meeting the specifications or being unidentifiable, the relevant team will be notified through the TIC, with an explanation, and the implement will be returned.

Note: "IAAF Certified" implements may include older models that previously held a certificate but are not in production any longer.

In order to speed up the checking in of eligible personal implements, please come prepared and consult the IAAF list on the website (<https://www.iaaf.org/about-iaaf/documents/technical>) in advance to identify the implement noting its IAAF certification number. If you do not find your implement in the list but you believe that it is/was certified, please contact the IAAF Office at technicalofficer@iaaf.org so that its status can be checked and confirmed to you and the LOC in due time.

9. ENTRY, QUALIFICATION SYSTEM & FINAL CONFIRMATIONS

9.1 Entry Rules

In accordance with European Athletics regulations 203, all participants must comply with eligibility qualifications for Area Games or Championships as set out in the IAAF rules. No athlete may compete in the European Athletics Indoor Championships unless entered by a European Athletics Member Federation.

Only athletes aged at least 16 years on 31 December of the year of the competition can participate. However, only athletes aged at least 18 years on 31 December of the year of the competition can participate in the Shot Put (M).

9.2 Entry Standards and Qualification Procedure

9.2.1 Individual events

Each European Athletics Member Federation may enter up to 4 (four) athletes in each individual event of whom up to 3 (three) may participate provided all of them shall have achieved the qualifying standard for that event.

Alternatively, each European Athletics Member Federation may enter one athlete in each individual event if such athlete has not achieved the qualifying standard for that event. The acceptance of these unqualified entries is at the discretion of the Technical Delegates, considering the number of entered athletes but always ensuring the quality of the event. The next ranked performances to the set entry standards shall be considered, if complying with 203.5.

9.2.2 Relays

The number of relay teams 4x400m men and women is limited to 6 each (they will be run as straight finals). Teams will be allocated according to the following regulations:

- The host country will be allocated one place in each relay;
- The other 5 (five) places (in case that the host country does not take part, 6 (six) places) will be allocated, in the order of the ranking of National Teams in this event in the European Outdoor list of the previous year;
- In the case of a team(s) qualifying in accordance with the point above not participating, the next ranked team(s) will be given the opportunity to participate.

The list of qualified teams to compete will be the one published after 31 December 2018.

Final entries for the relays shall be made by the confirmed participating countries together with all other entries for the Championships through the Teams Online Entry System.

6 (six) athletes may be entered for each relay. From these 6 (six) and from any other athletes entered for any event in the Championships, 4 (four) athletes to start must be nominated in the final declaration of runners.

9.2.3 Combined Events

The number of participants in the Heptathlon (men) and Pentathlon (women) is limited to a maximum of 12 athletes in each event. Places will be allocated according to the following regulations:

- No more than 2 athletes per country may compete in each event;
- The host country will be allocated one place in each event regardless of his/her position in the ranking list. Where the host country has one qualified athlete in the order of the ranking list this provision will, however, not allow a second (unqualified) athlete to compete;
- The defending European Indoor Champion shall be automatically qualified to compete;
- 6 places (or 5 if an athlete of the host country's European Athletics Member Federation is not included) will be allocated to athletes, in the order of their ranking in the European best lists Decathlon (men) and Heptathlon (women) of the outdoor season 2018
- Entries under this category must have reached the European Athletics before 30 November 2018
- Should a Member Federation confirm the non-participation of an athlete qualified according to the above criteria the place will be reallocated to the athlete(s) having achieved the next performance of the outdoor ranking list;
- 6 places (or 5 if the defending European Champion is not included either in the qualified 6 from the outdoor list or in these 6 places) will be allocated to athletes in the order of their ranking in the European season's best lists of the current indoors season as at 10 days prior to the first day of the European Athletics Indoor Championships;
- If any of these athletes is already qualified from the outdoor season list, the next following athlete(s) shall be eligible;
- Any of the athletes confirmed by 10 December who will withdraw will be replaced by another athlete eligible according to European season's best lists of the current indoors season;
- In the case of withdrawal of any finally entered and confirmed athlete for bona fide reason of illness or injury, etc., European Athletics, acting through the Technical Delegates(s), may approve the replacement of another athlete suitably qualified according to the indoor ranking lists.

9.3 Entry Procedures

Entries shall be made through the European Athletics Event Management System which will be accessible at the following link: <https://arena.european-athletics.org/>. Member Federations' entries manager shall use their already known individual and personalised access.

9.3.1 Final Entries

Final entries indicating the names and individual logistical information (**detailed travel arrangements, accommodation request and rooming list**) of the competitors and of the officials must be received not later than 8 (eight) days before the first competition day. According to the regulations the deadlines for the final entries are:

- Opening of the final entries: Tuesday 5 February 2019
- Deadline for the final entries: Thursday 21 February 2019, 14:00 (CET)

Important note: Only performances entered or modified in the Final Entries as of 21.02.2019 14:00 CET will be used during the competition for seeding. Updates will only be accepted if performances are achieved after the final entries. No performances updates will be accepted either during or after the final entries closing before the full event results are sent to Tilastopaja Oy by email (mirko@tilastopaja.fi).

All Member Federations will be able to consult and print out their entries at any time during the opening period and will receive a pdf report with a status of their entries 24h before the deadline as well as one pdf

confirmation after the closing of the system.

Member Federations will be informed individually by Wednesday 22 February in case of non-acceptance of any athletes without entry standards.

Detailed travel and rooming list information will have to be registered for each athlete and official during the final entries process. Amendments and updates will then be possible through the accommodation and transportation modules of Arena after the closing of the final entries.

9.3.2 Final Confirmations

Team Leaders or their representatives must confirm the names of those competitors already entered who will actually take part in the competition. Confirmation of athletes will not be accepted after the deadline, which is outlined below for all events.

Competition Day	Submission Date	Deadline
Day 1	Wednesday 27 February	16:00
Day 2 & 3	Friday 1 March	09:00

Final confirmations will have to be made online, via European Athletics online tool, which will be accessible at a link to be communicated to the Teams at a later stage. Team Leaders will be provided with an individual and personalised access, as well as a detailed user manual. The online tool is accessible via any device (e.g. PC, smartphone, etc.) having access to internet.

In addition, free access laptops will be available at the warm-up and TIC, for any Teams needing support to proceed with final confirmations.

9.3.3 Relays Declaration Forms

The composition of each relay team as well as the order of running shall be officially declared at the TIC, no later than one hour before the published first call time for each relay race.

Final declarations can be made via online tool within the below deadline:

Competition Day	Deadline for Final Declaration - Relays
Sunday 3 March 2019	18:55 (4x400m Men)
Sunday 3 March 2019	19:10 (4x400m Women)

9.3.4 Failure to participate

Any athlete who, after the Final Confirmation has been submitted, or after qualifying during a qualifying round or a heat for any event, fails to participate in the event without giving a valid reason (e.g. a medical certificate provided by and based on an examination of the athlete by the Medical Delegate appointed under Rule 113), shall be excluded from participation in all further events in the competition, including Relays (see IAAF Rule 142.4).

9.3.5 Withdrawals

Withdrawals after final confirmation, have to be submitted, on the official Withdrawal Form, to the TIC. If the athlete is entered in another event of the Championships, the reason for the withdrawal has to be specified in detail, its acceptance being the responsibility of the Technical Delegates based on the IAAF Rules.

10. COMPETITION PROCEDURE

10.1 Timetable

Please refer to Appendix 3 for the competition timetable.

10.2 Competition Bibs

10.2.1 General

For individual events, each competitor will receive 4 bibs with names. These must be pinned to the front and back of the competition clothing, to the back of the tracksuit, and to the bag. Exceptions are made for jumping events: the competitors are permitted to attach the bib only to the front or to the back of their competition clothing (plus their tracksuit and bag). Bibs must not be cut, folded or covered in any way.

For all running events athletes will receive a bib with a plastic pouch for the transponders that shall be pinned in the front. Transponders will be handed out at the Call Room.

10.2.2 Special Bibs

The defending European Champion (orange background) and the current European Leader competing in an individual event (blue background) will receive a special bib to be worn on the chest.

For the Combined Events, the leading athlete after each event will be given a special bib (yellow background) indicating he/she is the leading athlete, to be worn on their chest.

Athletes competing in the last race of the Combined Events will also be given a special bib, to be worn on their chest, which will indicate their position in the competition prior to the last event. The special bibs for the races will also have pouches for the respective transponders.

10.2.3 Relays

Each runner in a relay team must wear the bib with the official three-letter country code of his/her national federation on his/her front. On his/her back the runner must wear the personal bib. Country code Bibs will be distributed at the Call Room.

10.2.4 Hip Numbers

The athletes competing in Track Events will also be given two adhesive hip numbers at Final Call before entering the Field of Play. The hip numbers must be secured to both sides of the athlete's shorts/legs.

10.3 Competition Clothing

Competitors must wear the Federation's official team clothing. IAAF Rule 143 will be strictly applied. Please make sure to follow the IAAF Advertising Regulations in force. Clothing and items not conforming to this rule and the current IAAF Advertising Regulations will be removed/taped at the Call Room.

The European Athletics has a record of the Team vests of all Member Federations available on European Athletics event management system, Arena, accessible at the following link: <https://arena.european-athletics.org/>.

Member Federations shall confirm their team vests. If the uniform displayed differs from your current official uniform, the revised Team Vests form must be uploaded by 21.02.2019 using the form sent by European Athletics for that specific purpose. Otherwise, the existing records will be used as reference.

Team clothing must be uniform. A competitor wearing any other clothing will have no access to the competition area and will not be allowed to compete. This rule applies both to competition clothing (vest, shorts and tights) as well as to tracksuits.

The rule stipulating the compulsory wearing of the official competition clothing will be applied during the competition but also during any victory lap, interviews at the Stadium and Victory Ceremonies.

Dimensions of Spikes

Spike which projects from the sole or the heel shall not exceed 6 mm except in the high jump where it shall not exceed 9mm. These spikes must be constructed that it will, at least for the upper half of its length, fit through a square sided 4 mm gauge. This being a Mondo surface, "needle" spikes will not be permitted, cone or "Christmas Tree" spikes are required.

The Sole and the Heel

The sole and/or heel may have grooves, ridges, indentations or protuberances, provided these features are constructed of the same or similar material to the basic sole itself. In the high jump and long jump, the sole shall have a maximum thickness of 13 mm and the heel in high jump shall have a maximum thickness of 19 mm. In all other events the sole and/or heel may be of any thickness.

10.4 Call Room

The entrance to the Call Room is located at the far end of the Warm-up straight at the Emirates Arena. Access will be allowed to athletes only and according to the following reporting times (there may be slight amendments in case of particularly large fields in the Field Events qualification):

	<i>Call Room Opens</i>	<i>Final Entry to Call Room</i>	<i>Arrival at Field of Play</i>
Track Events	25 minutes before event start	20 minutes before start time	5 minutes before event start
High Jump	60 minutes before start time	55 minutes before start time	40 minutes before event start
Pole Vault	80 minutes before start time	75 minutes before start time	60 minutes before event start
Shot Put	55 minutes before start time	50 minutes before start time	35 minutes before start time
Other Field Events	50 minutes before start time	45 minutes before start time	30 minutes before event start
Relays	30 minutes before start time	25 minutes before start time	10 minutes before start time

Athletes who fail to report on time to the Call Room without a valid reason shall be excluded from participating in this and all further events in the Championships, including Relays.

A dedicated, heat by heat, Call-up Schedule will be issued once Final Entries are confirmed. It will be displayed at the Warm-up Area and handed out at the TIC daily.

Refreshments (still water) and toilets will be available next to the Call Room.

10.4.1 Call Room Procedures

In the Call Room the judges will check the following in accordance with IAAF Rules:

- Competition Bibs
- Shoes and Spikes
- Uniforms
- Bags (identification on and content of)
- Any other kind of advertising

Athletes competing in races will be provided with a small transponder which will be inserted in a pouch at the back of the front bib. After the competition, the athletes should return the transponder at the entrance of the Kit Collection Area, where they will be collected by volunteers.

Personal belongings (video cameras, tape recorders, radios, CD players, radio transmitters, MP3/MP4, cell phones or similar devices) will not be permitted in the infield as per IAAF Rule 144.2. Competition officials in Call Room will confiscate all not authorised items. Athletes will receive a receipt for any such items. Upon presentation of this receipt, the athletes will be able to collect such items from the TIC once their event has finished.

10.5 Combined events

Competitors taking part in combined events must report to the Call Room at the start of each session (morning and afternoon).

A resting area for the competitors taking part in combined events will be provided at the competition venue (see stadium map), where athletes can rest and wait for their next event. As the presence of the athletes in this room between events is not obligatory, all athletes must report to this room before the start of an event to undergo their final check as per schedule provided by the Combined Events Referee.

Fruit, energy bars, sandwiches and drinks will be provided in the resting area. Toilets and showers facilities will also be available.

Lunch boxes may be ordered, by handing in the appropriate form to either the TIC or the Hotel Help Desks by 18:00 the previous day.

Access to the combined events resting area is limited to the competitors and any other accredited person per athlete (coach, doctor, etc.) who are in possession of the appropriate combined events resting area pass. These passes can be collected at the TIC the day before the start of each combined event competition.

10.6 Specific Event Procedures

10.6.1 Track Events

Athletes in track events will be asked to enter infield already dressed in competition clothing. Tracksuits will be placed in baskets at Call Room and will be taken to the kit collection area at the end of the Mixed Zone for collection after the race.

10.6.2 Field Events

In Shot Put, and since no Shot Put area is available in the warm-up, each athlete is allowed as many trials as possible during the warm-up period under the supervision of the officials. The athletes will be called to the practice trials in the competition order.

In the remaining field events, the practice trials will be supervised by the relevant judges and will not have any limitations concerning trials.

Once the practice jumps/puts/throws for the final are finished, participants will be asked to stand in the order of the competition, for the presentation.

In qualification for the Final in horizontal field events, all athletes will be allowed a maximum of three trials, but any athlete qualifying after their first or second trial will not be allowed to take any further trials.

In the Finals of the horizontal field events, the competing order for the fourth and fifth rounds of trials shall be in the reverse ranking order based on the results after the first three rounds of trials. The competing order for the final round of trials shall be in the reverse ranking order recorded after the fifth round of trials.

10.6.3 Coaching Zones

To allow communication between athletes and coaches, seats have been reserved in the stands close to the field events. Special passes for each field event will be distributed from the TIC to the teams, according to the Final Confirmation. There will be one pass per athlete competing. The pass is only valid when accompanied by a team accreditation, this accreditation needs to be visible at all times.

10.7 Timing & Measurement

The official timing will be provided by ATOS and will be displayed on the official electronic timing instrument and photo finish cameras provided by ATOS. For all races, the elapsed time will be displayed on electronic timers located at the end of each straight and at the end of 60m straight.

All field events will be measured by ATOS scientific measurement equipment.

10.8 Post Competition Procedures

After the competition, athletes leave immediately through the mixed zone. In the mixed zone, all athletes meet the media: first TV, then radio and finally the written press. It is for the athlete to decide whether he/she will give an interview.

The clothing baskets will be brought to the kit collection area located after the mixed zone, along with any confiscated items.

The first three athletes in each event may be asked to attend an official press conference. These press conferences will take priority over all other interview requirements. They will usually be held before doping controls.

Hot Seats

In addition, there will be a special procedure – “Hot Seats” for the following events, starting from semi-finals stage:

- 60 & 60m hurdles,
- 400m.

After the first heat of the semi-finals for above mentioned events, two Athletes who would be ‘qualifiers by time’ at that moment would be asked to enter into the seats and watch there the next heat. After the next heat, the Athletes in the seats would be replaced by new ‘qualifiers by time’ if relevant. Once the Athletes leave the seats they can proceed to make their way through the Mixed Zone, following the usual procedures.

The Seats will be situated just before the Mixed Zone, where the Athletes are to be provided with comfortable seating and beverages.

10.9 Protests and Appeals

Protests and appeals are permitted and will be processed in accordance with IAAF Rule 146.

In the first instance, protests must be made orally to the Referee by the athlete himself/herself or by someone acting on his/her behalf or by an official representative of a team (Rule 146.3). Such person or team may protest only if they are competing in the same round of the event to which the protest (or subsequent appeal) relates.

Where the appropriate Referee is not accessible or available, the protest should be made to him through the TIC. Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event (posted on the TIC information board).

If the final decision of Referee is not satisfactory a written appeal can be submitted to the Jury of Appeal also through the TIC.

Any written appeal to the Jury of Appeal must be made in accordance with Rule 146.5 and signed by a responsible official on behalf of the athlete and submitted to TIC within 30 minutes after the official announcement of the decision made by the Referee.

When submitting an appeal form, a deposit of EUR 75, as set in the rules, must be paid. If the protest is unsuccessful, the deposit will not be returned. The Jury’s decision will be provided in writing.

11. MEDICAL SERVICES & DOPING CONTROL

11.1 Medical Services

The medical service is in charge of any medical assistance to all accredited guests (Teams, LOC personnel, VIP guests and media) as well as, during the competition, to the spectators in the stadium.

Below you can find information about the medical care sites and relevant instructions.

In case of emergency, please contact the nearest medical first aid station or call the 24/7 Medical Emergency number 999.

11.1.1 Medical Meeting

The Medical Meeting will be held (Thursday) 28. February at 10:30 in the Emirates Arena. The LOC will provide relevant and updated information about emergency service/doctor availability. Each team may be represented by a maximum of two people and, if necessary, an interpreter. It is very important that all teams are represented at the medical meeting.

Transportation will be arranged to Medical Meeting. Please refer to the information board at the Team Hotels.

11.1.2 Medical Services in the Team Hotels

The medical centre serves the athletes, coaches, other team members as well as members of the competition organisation. The medical centre is located at the Marriott Hotel (Team Hotel) and will be open from Wednesday 27 February Sunday 3 March 07:30 until 21:00 and Monday 4 07:30-12:00. During other hours there will be a doctor and nurse on duty. Please see Notice board in Hotels for Details.

11.1.3 Medical Care at the Stadium, Warm-up, and Training Areas

The stadium medical service is responsible for any problems concerning the athletes’ health. There is also a room for medical attention next to the finish line. The team doctor has access to the medical service facilities when an athlete of his/her own team is hurt or is in need of other medical attention.

The stadium medical service is also responsible for first aid in the warming up area.

There are a two first aid teams near the infield, supervised by a doctor and marked with red crosses.

Medical Provision and Location Summary

Venue	Services	Contact
Competition Venue (Emirates Arena (120 minutes prior to competition, during competition, and 60 minutes after)	Emergency Care Physio Sports Massage Sports Medicine Family Medicine Paramedic First aid Diagnostic Ultrasound	Dr Andrew Murray +44 (0) 7791 303 980
Training Venue (Scotstoun Stadium/ Tollcross) (During official training)	Emergency care Physio Sports Massage Medical doctor Emergency Medicine Sports Medicine First aid	Dr Karen Barclay (Tollcross) +44 (0) 7941 981 311 Dr Dave Pugh (Scotstoun) +44 (0) 7704 657 913
Team Hotel - Marriott Hotel Polyclinic (500 Argyle Street) (07:30-21:00 26 February - 3 March) (07:30-12@00 4 March) (This is centrally positioned for all athlete hotels)	Emergency care Physio Sports Massage Sports Doctor Dental hotline prescriptions Sports Medicine Family Medicine	Dr Steve Boyce +44 (0) 7974 987 862
Team Hotel - Crowne Plaza	Doctor on call	
Team Hotel - Doubletree by Hilton	Doctor on call	
Team Hotel - Jurys Inn	Doctor on call	
Pharmacy Glasgow Central Station Gordon St, Glasgow G1 3SQ	For over the counter medication If needing prescription see Polyclinic doctor.	Different manager each day +44 (0) 141 221 7107
On call doctor - Overnight emergency only service 21:00-07:30 26 February - 4 March	Emergency medical care Medicine	Please check notice boards in Team Hotel receptions for contact details Available for emergencies between Tuesday and Monday at any time. Can be seen at polyclinic or if needed hotel of patient Mobile number

11.2 Physiotherapy Services**11.2.1 Physiotherapy Services in Team Hotels**

There will be some rooms available for physiotherapy use in the team hotels. The physiotherapy room will be equipped with massage tables, ice, tapes and towels.

A LOC team of physiotherapists is available. Operating hours are:

Venue	Services	Dates of operation
Polyclinic Marriott Hotel	Physiotherapy Sports massage	Wednesday 27 February 10:00-18:00
This venue is very central, within very easy reach for athletes from the 4 athlete hotels		Thursday 28 February -3 March 07:30-21:00

Athletes willing to book a treatment shall proceed to the Help Desk in their respective team hotel where volunteers will make arrangements according to the availability.

11.2.2 Physiotherapy Services at warm-up and training venues

There are well equipped physiotherapy facilities in the warm-up area.

All teams have their own facilities prepared as well as a well-equipped physiotherapy room, including the availability of a LOC physiotherapist. The physiotherapy room will be as below

Venue	Services	Dates of operation
Competition venue Emirates Arena	Physiotherapy Sports massage	Thursday 28 February during training 1-3 March from 120 minutes prior to competition to 60 minutes after conclusion

The team physiotherapists and doctors may use the equipment in the physiotherapy room in co-operation with the medical staff.

The LOC physiotherapists in the Training venues will be available on

Venue	Services	Dates of operation
Training venue	Physiotherapy	During all official training sessions

Other Services

Accredited persons have access to European Athletics/ LOC medical doctors. Athletes also have access to sports massage, physiotherapy, and other polyclinic services (for example diagnostic ultrasound machines). The above services are free of charge, while the below come at cost to the athlete.

i) Private Hospital.

BMI Ross Hall Hospital offers a range of hospital specialists, and imaging (for example MRI/ X-Ray)

Address: 221 Crookston Rd, Glasgow G52 3NQ

Hours: Open 24 hours

Phone: +44 (0) 141 810 3151

i) Private Dentist

Practical factsheets are available from the polyclinic regarding common dental conditions.

Private dental appointments can be arranged upon request from the polyclinic.

ii) Pharmacy (Monday – Sunday)

There are numerous pharmacies within walking distance, but the one at the Central Station is open 7 days, with a wide range of stock and are experienced in helping professional athletes. A prescription can be gained from the polyclinic doctor.

Address: Central Station, Glasgow G1 3SQ

Hours: Open every day

Phone: +44 (0) 141 221 7107

11.3 Injuries Surveillance

During the event, the team physicians or physiotherapist of all participating national teams are requested to report daily all injuries newly incurred in competition or in training and all illnesses using a specially designed, single page report form. Injury and illness data will also be obtained from the LOC medical staff. The report form will be accessible online, (access to the online page will be distributed upon arrival and further info at the medical meeting), however hard copies of the form will be also available in the TIC and in the Polyclinic at the Marriot Hotel. All information will be treated strictly confidential. The team physician will receive a formal report of the study in due course after the European Athletics Championships. Further information about the survey will be given during the Medical Meeting.

Clear, contemporaneous notes will be taken (in English) by all health professionals working for the Organising Committee/ European Athletics. Athletes can request a copy of these notes.

An Injuries Surveillance desk will be located at Polyclinic at the Marriot Hotel.

11.4 Import of Medication and Medical Equipment

Athletes/ Teams who have brought their own doctors, or therapists will have designated space at each athlete hotel, and at the competition venue to provide these treatments.

Any team doctor wishing to order tests/investigations or write prescriptions that are to be dispensed in a UK pharmacy are required to register with the GMC also.

This can be done by following this link to the relevant GMC page: https://www.gmc-uk.org/doctors/registration_applications/30321.asp

While a wide variety of medications will be available at the event from the onsite medical team or by prescription, there will be some instances when team doctors will wish to bring medication for their team from outside of the UK. Those wishing to do so are requested to contact both UK Customs and their home country customs departments to ensure that the travel of such medications is permitted.

If bringing controlled drugs into the UK (such as morphine or fentanyl), documentation detailing proof of ownership must be prepared and may need to be presented at the UK border. Details of this documentation and the list of controlled drugs can be found at: www.gov.uk/travelling-controlled-drugs

Those wishing for help contacting the UK customs authorities are advised to use the following link: <https://www.gov.uk/government/publications/notice-600-classifying-your-imports-or-exports/notice-600-classifying-your-imports-or-exports#using-the-tariff-classification-service-email-service>

Team healthcare personnel are responsible for the storage and safekeeping of their delegation's medicines and supplies. Glasgow 2019 is not responsible for, and shall have no liability relating to, or arising out of the storage or monitoring of the supplies and medicines by the team.

Should you have any further questions or queries please contact the Chief Medical Officer Dr Andrew Murray via docandrewmurray@gmail.com

11.5 Doping Control

11.5.1 General Information

Doping controls will be conducted in accordance with IAAF Anti-doping Rules and Regulations. They are in accordance with the revised WADA code in force since 1 January 2015. The controls will be done under the supervision of the European Athletics Doping Control Delegate. Both urine and blood samples may be collected immediately before, and during, the Championships.

Athletes selected for doping control shall be informed by anti-doping officials. Athletes will be required to sign a doping control notification form. They can be accompanied to the Doping Control Station (DCS) by an accredited team representative of their choice.

A selected athlete should report immediately to the DCS unless there are valid reasons for delay. All selected athletes will be accompanied by a trained chaperone or Doping Control Officer from the time of notification until arrival at the DCS. Athletes will be requested to present a valid ID card (with picture) for identification purpose. Athletes are reminded that refusal to provide a sample result in liable to disqualification and may result in further disciplinary action.

Athletes who are required to use prescribed medication for the treatment of a medical condition should ensure that they have registered their medication, where necessary, through the Therapeutic Use Exemption system prior to attending the Championships.

11.5.2 Selection of Athletes

The selection of athletes for control will be made on a final position and/or random basis under the supervision of the European Athletics Doping Control Delegate. In addition, the selection of further athletes may be ordered at the discretion of the European Athletics Doping Control Delegate.

All athletes setting World or European records must report to the DCS to provide a sample. Failure to provide a sample will result in the record not being ratified.

U18 athletes will be requested to fill-in a form signed both by the athlete and his/ her parent to consent and agree to the taking of a blood or urine sample for the purposes of official anti-doping testing. The form will be sent to Member Federations by end of January and will have to be returned to competition@european-athletics.org by 21 February 2019.

11.5.3 Additional Controls

Athletes requiring doping control (e.g. for national record) may request to be tested by reporting to the TIC, where a "Doping Control Request Form" should be completed. They will then be escorted to the Doping Control Station.

The cost of this control will be paid by the European Athletics and will be deducted from the member federation's European Athletics subvention after the Championships.

12. CEREMONIES & SOCIAL FUNCTIONS

12.1 European Athletics - LOC Dinner

A European Athletics - LOC Dinner will be held at the Kelvingrove Art Gallery & Museum at (Argyle Street, Glasgow G3 8AG) on Thursday 28 February at 18:30. Two persons from each team will be invited. Invitation cards will be given together with accreditation cards, as long as guest names were previously confirmed.

12.2 Opening Ceremony

The Opening Ceremony will take place on Friday 1 March at 18:30 at the Emirates Arena.

No team members will be involved in the ceremony.

12.3 Victory Ceremonies

Teams will receive detailed information on the victory ceremonies for individuals and teams at the Technical Briefing. All the victory ceremonies will take place at The Emirates Arena with the exception of the Triple Jump Men and 4x400m relays which will be held during the Closing Party on Sunday evening.

Athletes must wear the official team clothing for the ceremonies and the presentation bibs provided by the LOC. No other items shall be taken to the podium, such as flags, bags or other.

12.4 Closing Party

The Closing Party will take place on Sunday 3 March at 22:00 at the Marriott Hotel in the Clyde Suite. Everyone with accreditation is welcome to attend.

13. DEPARTURE

A shuttle service will also be in place for team departures. The frequency of this service will be based on the departure schedule, which will be posted at the Help Desk of each team hotel at least 24 hours before departure.

Teams will be asked to provide full travel details together with the final entries. Team leader will have to confirm departure details during the accreditation process, however teams will also receive a departure form, which should be completed and returned to the LOC Help Desk in the hotel, at least 48 hours before departure, only if there are any changes to the provided details. Departure times of the shuttle buses from the hotel will be provided and displayed at the hotel Help Desks.

14. CONTACT DETAILS

For further details about the European Athletics Indoor Championships in Glasgow please contact:

Joanna Sutherland
Championships Manager
joanna.sutherland@glasgow2019athletics.com

14.1 European Athletics Office (on site)

Hilton Glasgow
Clyde Suite
1 William Street
Glasgow G3 8HT

Opening Hours: 25 February to 4 March 09:00-18:00 daily.

Emirates Arena
Meeting Room 6B
1000 London Road
Glasgow
G40 3HG

Opening Hours: 25 February to 4 March 08:00-20:00 daily.

See point 2.3. for the European Athletics Headquarters' contact details.

14.2 Local Organising Committee Office(s)

Emirates Arena
1000 London Road
Glasgow
G40 3HG

Opening Hours: 23 February to 4 March 08:00-22:00 daily.

15. APPENDICES

- Appendix 1 – Entry standards & Conditions
- Appendix 2 – Implements List
- Appendix 3 – Timetable
- Appendix 4 – Victory Ceremony Timetable
- Appendix 5 – Competition Site Session maps
- Appendix 6 – City Map with Team hotels & Championships sites
- Appendix 7 – Map of Competition and Warm-up venue
- Appendix 8 – Map of Training Areas
- Appendix 9 – Key dates and General Programme

Appendix 1 – Entry standards & Conditions

Entry Standards

MEN		EVENT	WOMEN	
Indoor	Outdoor		Indoor	Outdoor
6.78	10.35 (100m)	60m	7.42	11.30 (100m)
47.40	46.40	400m	53.90	52.75
1:49.20	1:47.20	800m	2:05.00	2:02.75
3:45.00	3:40.00	1500m	4:18.00	4:13.00
4:01.00 (mile)	3:57.00 (mile)		4:36.00 (mile)	4:32.00 (mile)
8:05.00	7:50.00	3000m	9:05.00	8:55.00
7.88	13.70 (110m H)	60m H	8.24	13.15 (100m H)
Top 6 teams		4x400m	Top 6 teams	
2.26		High Jump	1.90	
5.65		Pole Vault	4.50	
7.95		Long Jump	6.50	
16.50		Triple Jump	13.85	
20.15		Shot Put	17.10	
Top 12 athletes		Combined Events	Top 12 athletes	

Entry Conditions

1. For individual events:

1. Each European Athletics Member Federation may enter up to 4 (four) athletes in each individual event of whom up to 3 (three) may participate provided all of them shall have achieved the qualifying standard for that event.

Alternatively, each European Athletics Member Federation may enter one athlete in each individual event, if such athlete has not achieved the qualifying standard for that event. The acceptance of these unqualified entries is at the discretion of the Technical Delegates, considering the number of entered athletes but always ensuring the quality of the event. The next ranked performances to the set entry standards shall be considered, if complying with 203.5.

2. According to the European Athletics Regulation 203.8 and the Appendix 2, the number of athletes to participate in Combined Events is limited to twelve (12) in each event.

Six (6) places will be allocated to athletes according to their rankings in the European best performance lists for Decathlon (men) and Heptathlon (women) of the outdoor season of 2018. The list of qualified and confirmed athletes in accordance with the outdoor ranking 2018 (six athletes) will be published in December 2018.

Six (6) additional places will be allocated to athletes according to their rankings in the European best performance lists for Heptathlon (men) and Pentathlon (women) of the indoor season of the year of the

Championships, up to at 10 days prior to the first day of event (19 February 2019).

The detailed information on the entry procedures for Combined Events will be provided in due time.

2. For Relays

According to the European Athletics Regulation 203.7 and the Appendix 1, the number of teams to participate in relays at the European Athletics Indoor Championships is limited to 6 teams in each 4x400m event. The places for relay teams shall be allocated in accordance with the order of ranking of European Athletics Member Federation teams in the 4 x 400m outdoor list of 2018.

The detailed information on the entry procedures for the relays will be provided in due time.

Conditions:

- Performances must be achieved between 1 January 2018 and 21 February 2019 (14:00 CET) (except for Combined Events and relays, please see above);
- Performances must be achieved in bona fide competition (either indoors or outdoors) organised in conformity with IAAF Rules;
- Performances must be achieved during competitions organised or sanctioned by the IAAF, its Area Associations or its National Member Federations. Thus, results achieved at other competitions must be certified by the National Federation of the country in which the competition was organised;
- Performances achieved in mixed events (between male and female participants), held completely in the stadium, shall not be accepted as entry standards;
- Wind assisted outdoor performances will not be accepted;
- Hand-timed performances in 60m, 100m, 400m, 60m Hurdles, and 100m/110m Hurdles will not be accepted;
- For the running events of 400m and over, performances achieved on oversized tracks will not be accepted.

Appendix 2 – Implements list

Supplied Implements

Cat No:	Company	Description	Colour	Certification No.
Shot 7.26kg				
F251C	Nishi	Steel. Dia: 129mm	Silver	1-99-0083
F251C	Nishi	Steel. Dia: 125.5mm	Silver	1-99-0087
PK-&.26/128	Polanik	Steel. Dia: 128mm	Various	1-04-0305
Shot 4.0kg				
F253C	Nishi	Steel. Dia: 109mm	Silver	1-99-0084
F253	Nishi	Steel: Dia 103mm	Silver	1-99-0089
PK-4/110	Polanik	Competition. Turned steel. Dia: 110mm	Various	1-12-0581

Appendix 3 – Timetable



DAY 1 a.m. - Friday, 1 March				DAY 2 a.m. - Saturday, 2 March				DAY 3 a.m. - Sunday, 3 March			
10:03	Long Jump	M	Q	10:00	Long Jump	W	Q	10:00	Triple Jump	W	Final
10:05	60mH Pen	W		10:03	Pole Vault	W	Q	10:06	60mH Hep	M	
10:20	400m	M	R1	10:10	60m Hep	M		11:05	60mH	M	SF
10:45	High Jump Pen	W	A/B	10:30	60m	M	R1	11:15	Pole Vault Hep	M	
11:10	800m	W	R1	11:13	60m	W	R1	11:25	60mH	W	SF
11:30	Shot Put	M	Q	11:57	60mH	M	R1	11:35	Long Jump	M	Final
11:55	1500m	M	R1	12:05	Long Jump Hep	M		12:20	Shot Put	W	Final
12:00	Triple Jump	W	Q	12:31	60mH	W	R1				
12:30	3000m	M	R1								
12:30	High Jump	M	Q A/B								
13:00	400m	W	R1								
13:15	Shot Put Pen	W									

DAY 1 p.m. - Friday, 1 March				DAY 2 p.m. - Saturday, 2 March				DAY 3 p.m. - Sunday, 3 March			
19:00	Pole Vault	M	Q	18:00	High Jump	M	Final	18:00	Long Jump	W	Final
19:02	Shot Put	W	Q	18:02	Shot Put Hep	M		18:05	Pole Vault	W	Final
19:04	Long Jump Pen	W		18:06	800m	W	SF	18:10	60mH	M	Final
19:06	High Jump	W	Q	18:10	Pole Vault	M	Final	18:25	60mH	W	Final
19:10	1500m	W	R1	18:25	800m	M	SF	18:57	800m	M	Final
19:48	800m	M	R1	18:50	60m	W	SF	19:15	High Jump	W	Final
20:25	Triple Jump	M	Q	19:20	60m	M	SF	19:18	800m	W	Final
20:35	Shot Put	M	Final	19:47	3000m	M	Final	19:35	Triple Jump	M	Final
20:36	400m	W	SF	19:50	High Jump Hep	M	A/B	19:37	1000m Hep	M	Final
20:55	400m	M	SF	20:10	400m	W	Final	20:01	1500m	M	Final
21:15	800m Pen	W	Final	20:22	400m	M	Final	20:12	1500m	W	Final
21:40	3000m	W	Final	20:35	60m	W	Final	20:25	4x400m	M	Final
				20:50	60m	M	Final	20:40	4x400m	W	Final

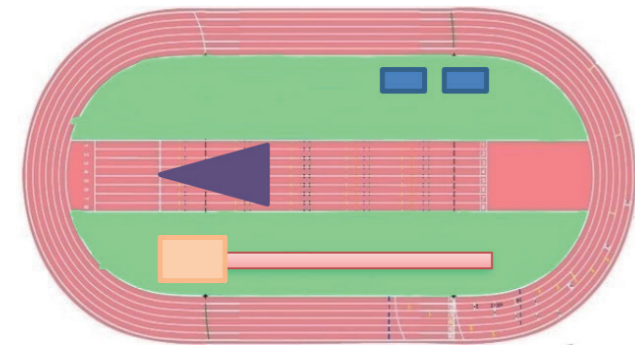
glasgow2019athletics.com @Glasgow2019 european-athletics.org @euroathletics As of 21 January 2019 Subject to Change

Appendix 4 – Victory Ceremony Timetable

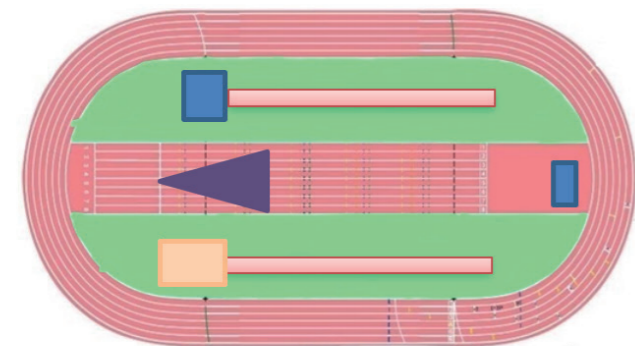
Saturday 2 March		VC	Time	Event
On the concourse level	VC 1	13:00	Shot Put Men	
	VC 2	13:06	Pentathlon Women	
	VC 3	13:12	3000m Women	
	VC 4	20:55	High Jump Men	
	VC 5	21:01	Pole Vault Men	
	VC 6	21:07	3000m Men	
	VC 7	21:13	400m Women	
	VC 8	21:19	400m Men	
On the concourse level	VC 9	13:20	60m Women	
	VC 10	13:26	60m Men	
	VC 11	13:33	Triple Jump Women	
	VC 12	13:39	Long Jump Men	
	VC 13	13:45	Shot Put Women	
Within the bowl	VC 14	19:04	60mH Men	
	VC 15	19:08	60mH Women	
	VC 16	19:26	Long Jump Women	
	VC 17	19:47	800m Men	
	VC 18	19:52	800m Women	
Within the bowl	VC 19	20:46	Heptathlon Men	
	VC 20	20:50	Pole Vault Women	
	VC 21	20:54	1500m Men	
	VC 22	20:58	High Jump Women	
	VC 23	21:02	1500m Women	
At the closing party	VC 24	22:30	Triple Jump Men	
	VC 25	22:36	4 x 400m Men	
	VC 26	22:45	4 x 400m Women	

Appendix 5 – Competition Site Session maps

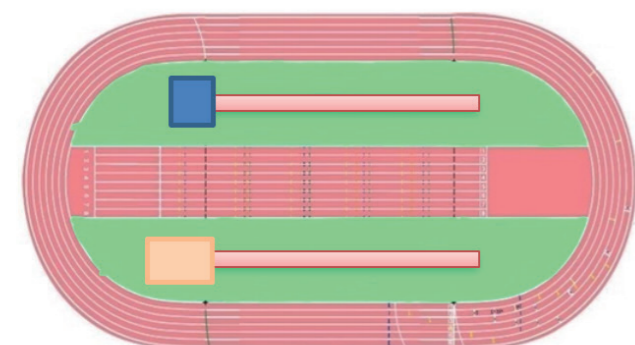
Session 1; Friday, March 1st



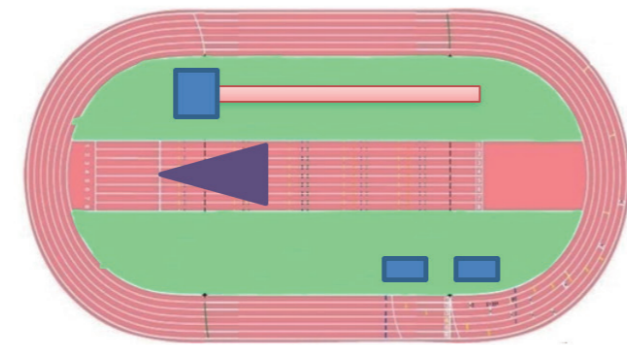
Session 2; Friday, March 1st



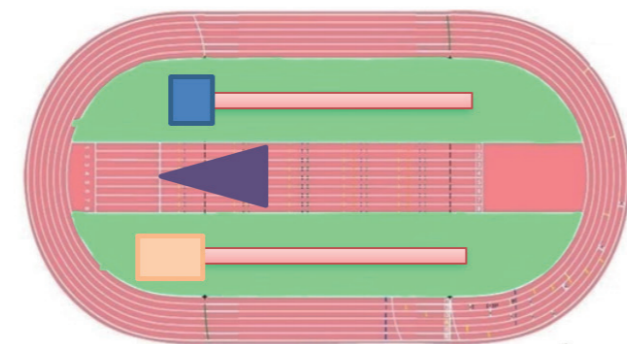
Session 3; Saturday, March 2nd



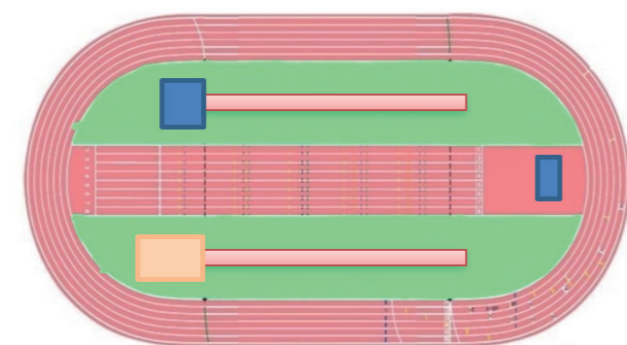
Session 4; Saturday, March 2nd



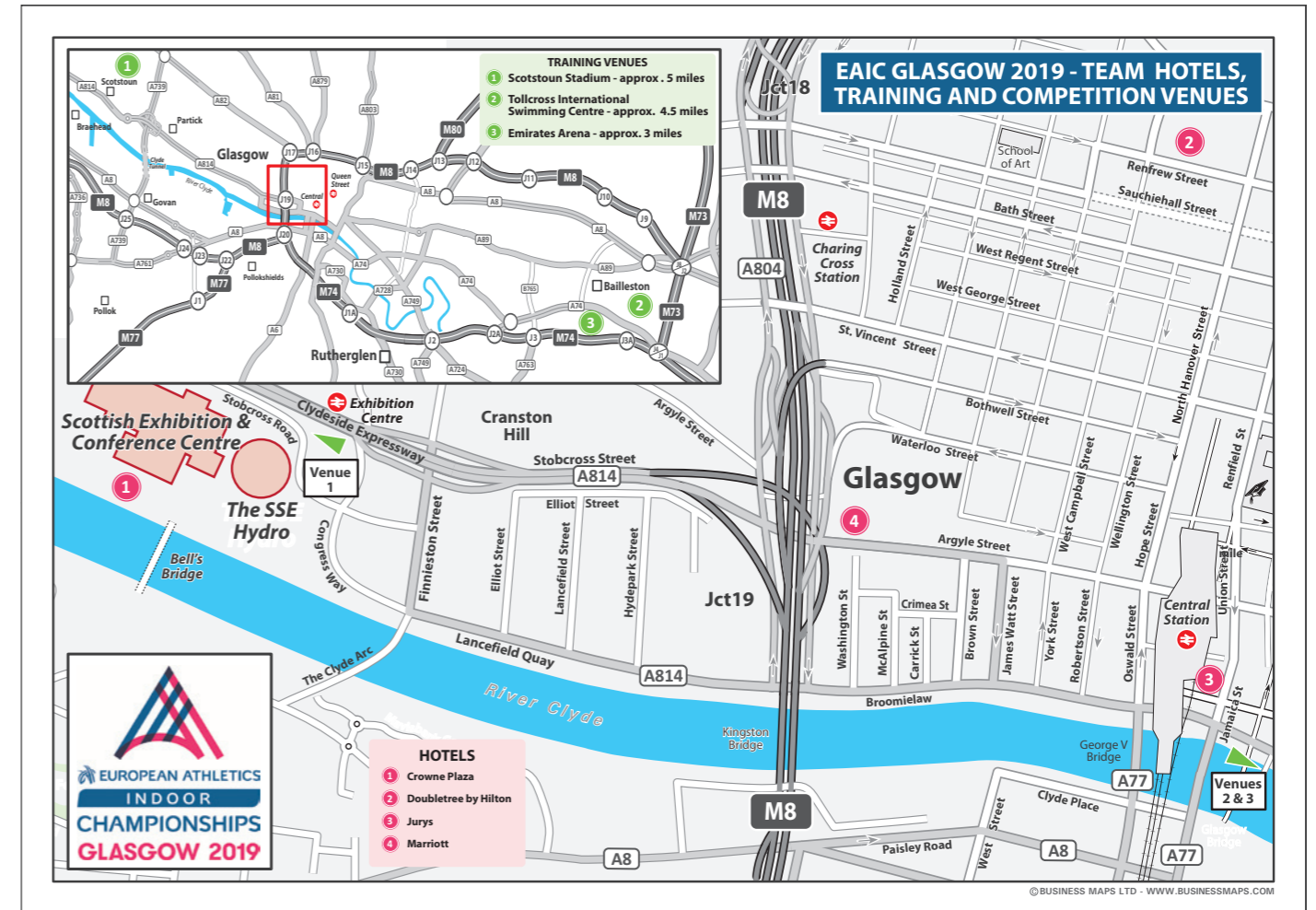
Session 5, Sunday, March 3rd



Session 6, Sunday, March 3rd



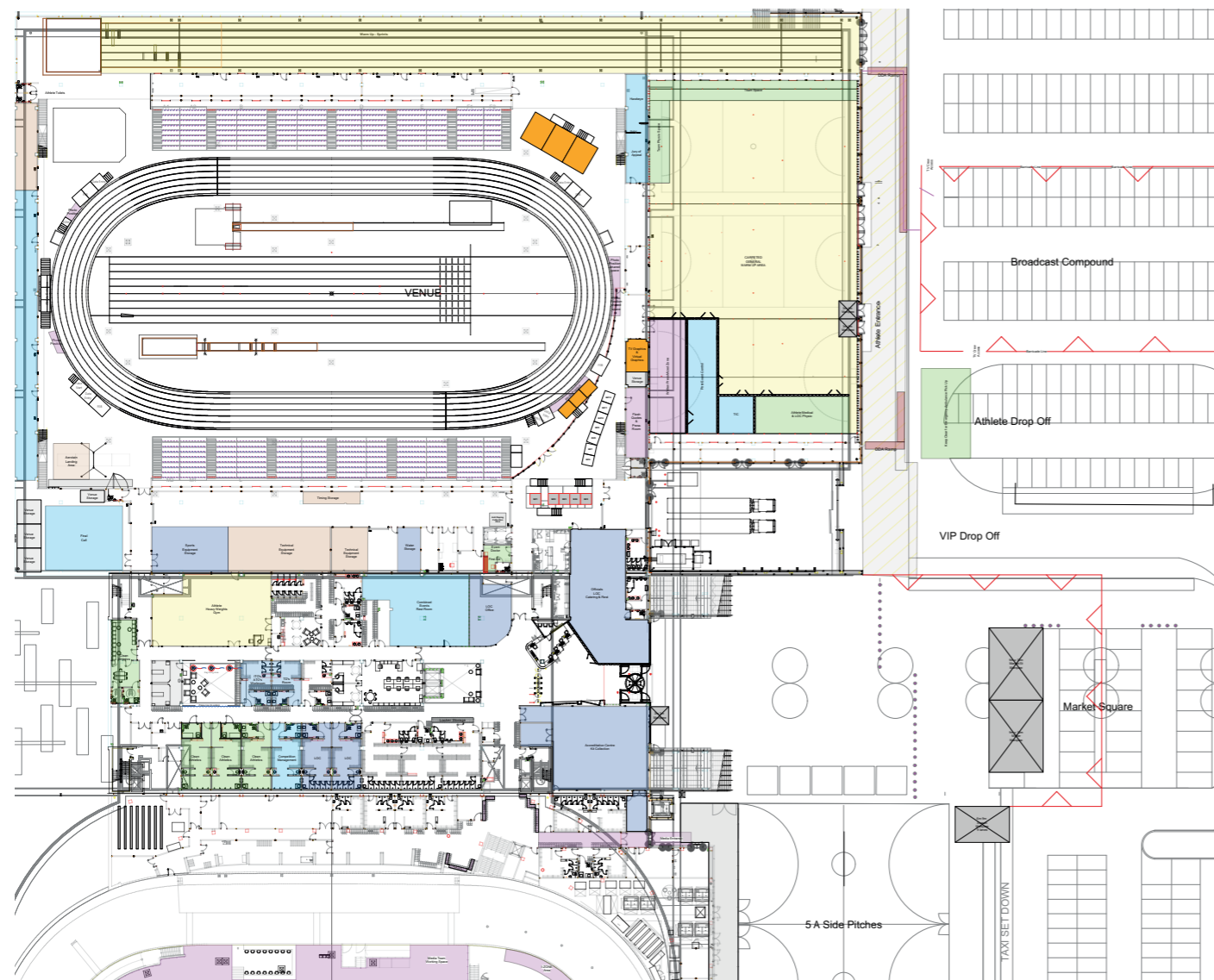
Appendix 6 – City Map with Team hotels & Championships sites



Appendix 7 - Map of Competition and Warm-up venue

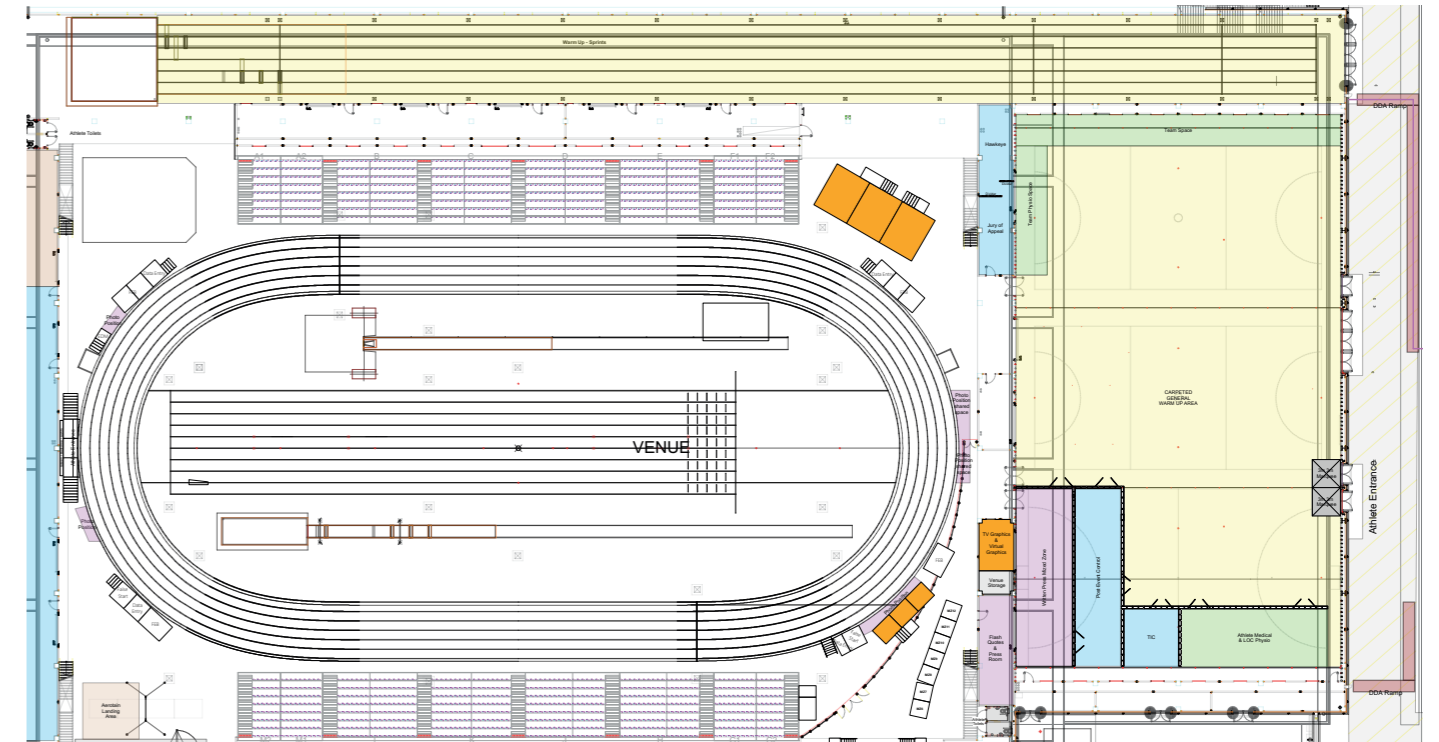
Emirates Arena (Competition Venue)

Overview



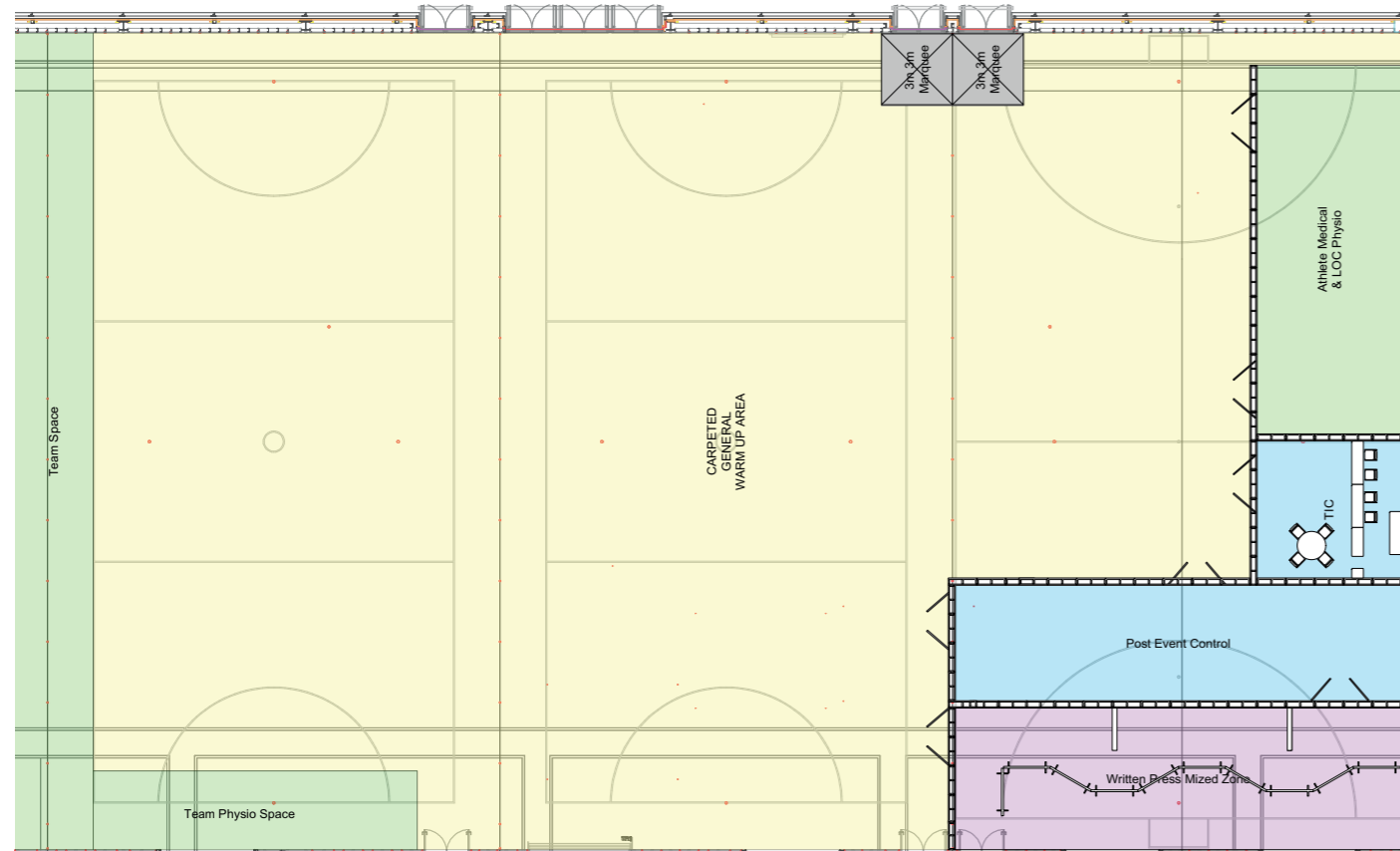
Emirates Arena (Competition Venue)

Warm Up & Track Areas



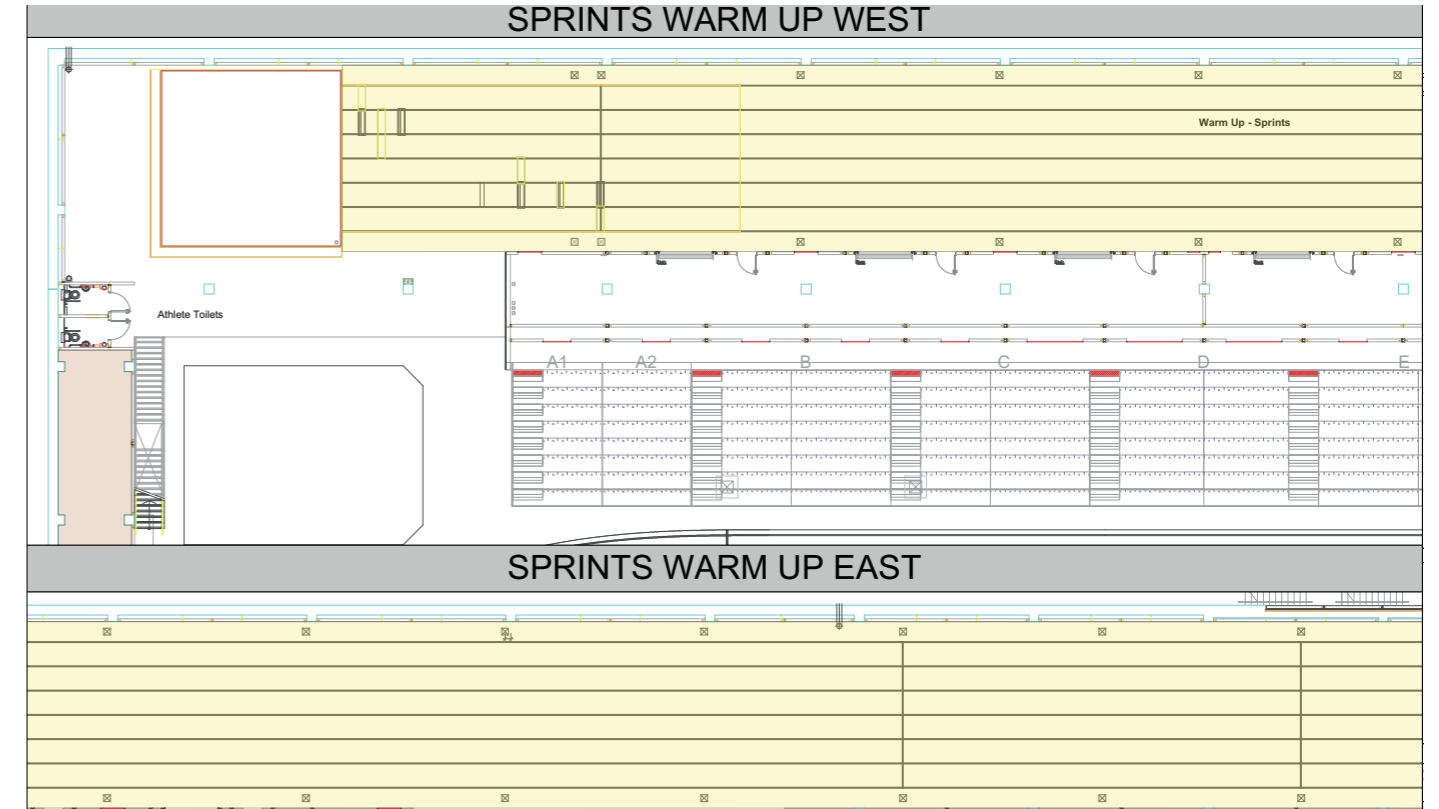
Emirates Arena (Competition Venue)

Warm Up, Team Areas, TIC & Medical



Emirates Arena (Competition Venue)

Warm Up, 110m Straightway

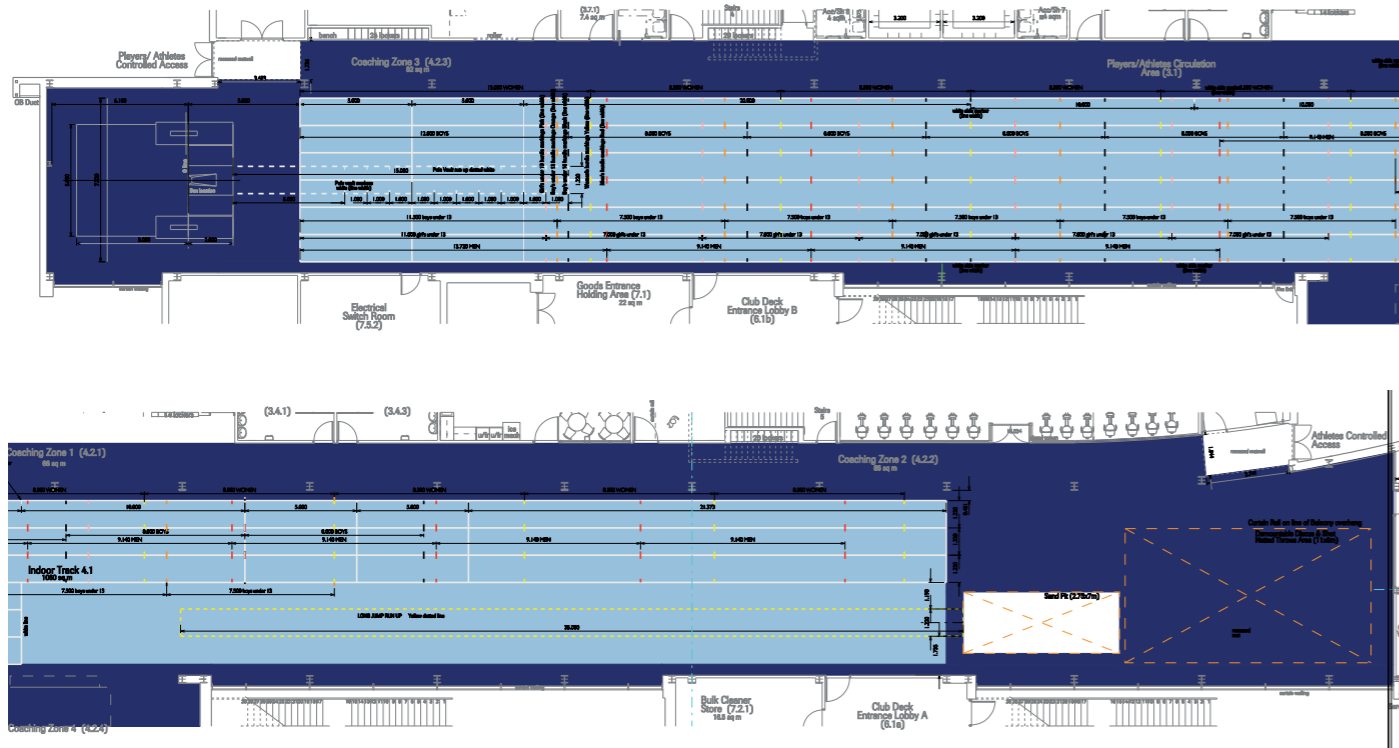


Appendix 8 – Map of Training Areas

Scotstoun

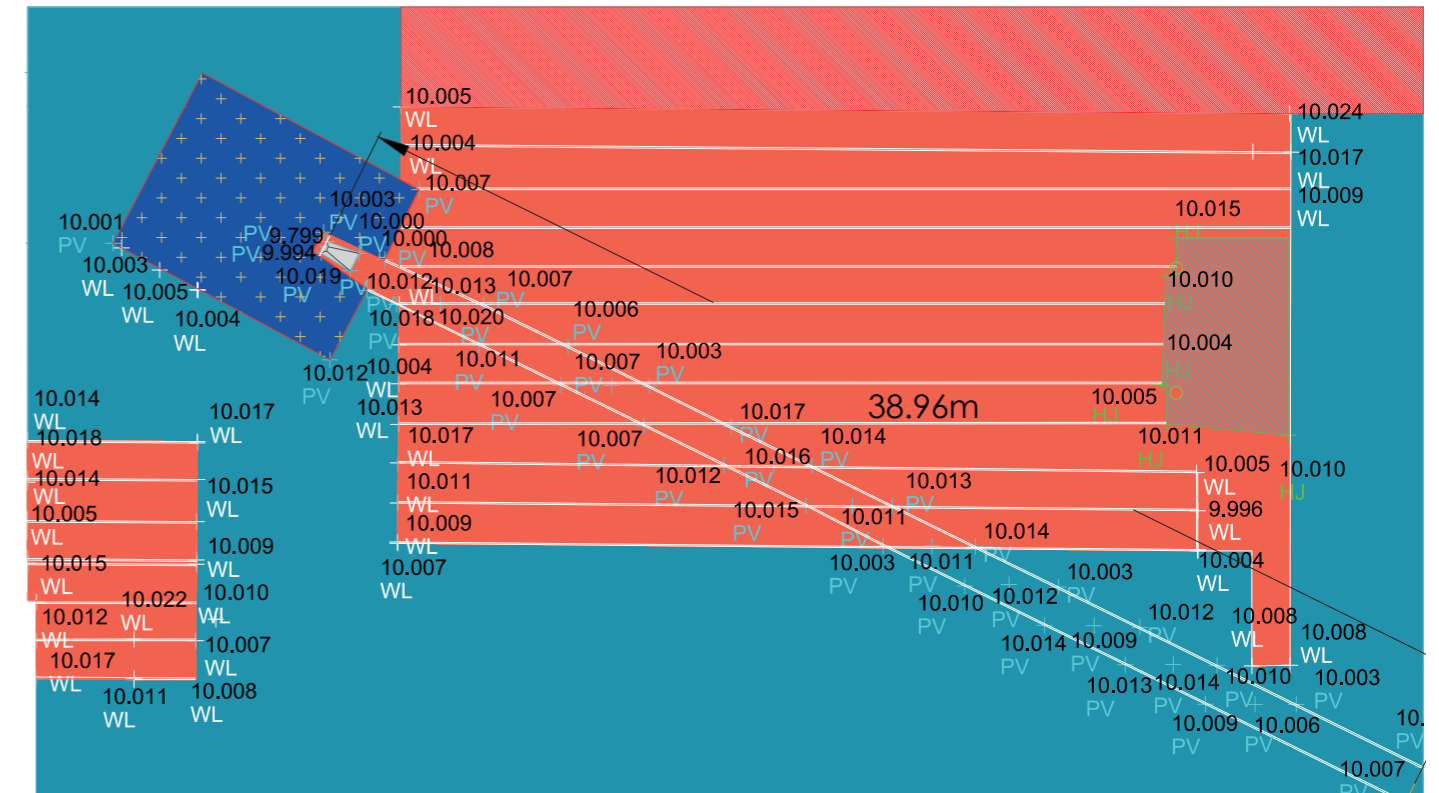
- 5 lane 110m straight
- 1 Long/Triple Jump pit
- 1 High Jump bed (restricted runway)
- 1 Shot Put circle
- Weight training room

There is also an outdoor 8-lane, 400m synthetic track and a large playing field for distance runners



Tollcross International Swimming Centre

- 1 Pole Vault runway (40m maximum)
- 1 High Jump bed



Appendix 9 – Key dates and General Programme

<i>Date</i>	<i>Time</i>	<i>Event</i>	<i>Place</i>
27 February	08:00	Team Accreditation centre open	Marriott Hotel
27 February	16:00	Final Confirmation of Entries Day 1	Help Desk @ Team Hotels or TIC @ Emirates Arena
27 February	18:00	Deadline for submitting written questions for the Technical Briefing	Help Desk @ Team Hotels or TIC @ Emirates Arena
28 February	09:00	Athletes Training – Hotel Group 1	Emirates Arena
28 February	09:15	Team Leader Orientation - Hotel Group 1	Emirates Arena
28 February	10:00	Technical Briefing	Emirates Arena
28 February	10:30	Medical Briefing	Emirates Arena
28 February	10:45	Athletes Training - Group 2	Emirates Arena
28 February	11:15	Team Leader Orientation- Group 2	Emirates Arena
1 March	09:00	Final Confirmation of Entries Day 2 & 3	Help Desk @ Team Hotels or TIC @ Emirates Arena
1 March	18:00	Team Leaders Daily Meeting	Emirates Arena
1 March		Opening Ceremony	Emirates Arena
3 March	21:00	Closing Party	Marriott Hotel, Clyde Suite
4 March	All Day	Departure	

EUR

OFFICIAL PARTNERS



HOST INSTITUTIONS



NATIONAL SPONSOR



OFFICIAL SUPPLIERS

